

PHUTBOL



**KUMNO
BAN
IALEHKAI**



da u L.R. MYRTHONG

*With
best
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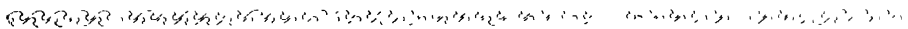
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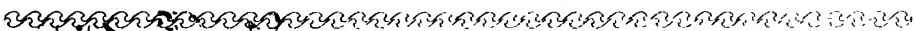


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KA PHUTBOL

KUMNO BAN IALEH IA KA

KA MYNNOR KA PHUTBOL HA SHILLONG

Da

U Lorris Roy Myrthong

Ta ka hok ban shon bad ban pynpaw pyrthei la ha kano
kano ka rukom, la bat da u Nongthoh

Ka sien shon kaba nyngkong
1981

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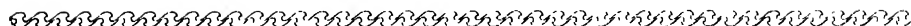
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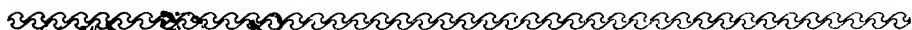


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JINGSNGEWNGUH

Nga sngew ba kane ka kot kan ,shu long lymboit-lymbiang lada ngan ym buh hangne khyndiat kyntien ia ka jingsngewnguh ia kito kiba la iadonkti ha kaba ai jingtip ia nga shaphang 'KA MYNNOR KA PHUTBOL HA SHILLONG'. Nga pynpaw hangne ia ka jingsngewnguh ia U (Late) Jatish Datta, uba khlem ki records jong u khamtam naduh basdang ka Phutbol haduh ka snem 1920, kan long kaba shitom shibun eh ban buddien ia ka jingsdang ka phutbol ha Shillong. I Babu Reyland Lyngdoh bad I Ma Suresh Mohon Roy (bam kwai ha iing u Blei) ki la long ka jingiarap kaba khraw. Ka jingsngewnguh kumjuh ia I Bah Youmas, Joniwell Laloo, Silverinc (Sobrin), Nomiwell Rynjah, Thomas Bareh, Bomiwell Rynjah, Doren Shabong, Lawanstet Tham, Worly Laloo, Phedro Swer, Pressly Nongkynrih, Hardinge Ladia bad Bah Milton Shylla. I Bah Shellington i la iarap ha kaba pule ia ki "AIN KA PHUTBOL". Nga pynpaw ruh ia ka jingsngewnguh ia I Bah McBell iba la ai ia ka ktien lamphrang.

Hynrei ka jingsngewnguh kaba khraw tam ka leit sha ka 'STATE SPORTS COUNCIL' kaba khlem ka jingiarap jong ka, kane ka kot kan ym lah satia ban paw pyrthei. Hoooid, ka jingdkhoh-jingduna hangne-hangtai kan ym duh, namarkata, ngan da la sngewnguh shibun eh ia kino-kino kiba lah ban ai jingtip, khnang ba lah ban pynbeit pat hadien.

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Dated, the 18th May, 1981.

Uba Burom

'LELEYS COTTAGE'

DONOON

U L. R. MYRTHONG

SHILLONG-14.

SHI KYNTIEN

U President bad ki members jong ka Meghalaya State Sports Council ki dap da ka jingkmien kaba khraw ban iohi ba la lah ban wanrah ha ka ktien Khasi, ia ka jingialehkai phutbol ha ka dur jong ka Kot-pule. Ha ka jingshisha ngi la dei ban ai khublei ia U Nongthoh, uba hadien ba u la shongthait noh na kaba ialehkai, u la ai pat ha u paid-nongpeitkai phutbol bad ki nongialehkai khamtam, ban tip khambha shaphang "Ka phutbol bad kumno ban ialeh ia ka."

Ngim don jingartatien eiei ruh ba kane ka kot kan long ka jingiarap bad jingmyntoi kaba khraw ia ki samla ba dang khie-dangsan ban pyntbit bad nangpyntbit shuh shuh, bad ia ki nongpeitkai ruh kumjuh.

Ka lynnong shaphang "Ka Mynnor jong ka Phutbol ha Shillong" ka pynpaw shai ia ka jingtrei shitom U Nongthoh ban wad, ban tip bad ban pynpaw pyrthei ia ka history jong ka phutbol ha sor Shillong. Ym tang ba ka long ka lynnong kaba sngewtynnad hynrei ka long ruh ka nongkynti ka ban sah pyrto mynta bad ha ka pateng hadien-habud namar dei hangne ba la buh jingkyrmaw ia kito ki rangdajied jong ka Phutbol mynnor ban im ka kyrteng-sah ka nam. Hangne ngi iohi ruh ba ka standard jong ka phutbol ka dang kiew bha.

Ha ki lynnong ba shadien la ai ia ki 'Rules' jong ka phutbol. Kine kin iarap shibun ia ki nongialehkai ban tip janai ia ki rules, khamtam eh ia ki Referee bad linesmen ha ki nongkyndong jong ngi.

W. SOHLIYA

Secretary,

Dated Shillong,
the 25th May 1981.

Meghalaya State Sports Council,
Shillong.

KA KTIENT LAMPHRANG

Lehse, kane ka dei ka sien kaba nyngkong eh ba U Khasi u pyrshang ban thoh bad ban pynmih pyrthei ia ka kitab shaphang 'KA JINGIALEHKAI FOOTBALL'. Ka long shisha ka jingpyrshang kaba eh bad bajwat katta katta, na ki daw kiba bun, kum ka ktien ka thylliej, kaba long ma ka hi ka dieng pynkiang kaba nyngkong, ki tum ki tam ki tiar ki tar (material), ki long kawei pat ka bynta kaba suhsat shibun eh ban lah ban lum ban lang ia ki, namar ba ki 'longshua jong ngi kim shym la ktah ne buh satia ia ki jingtip ne jingshemphang jong ki ha ka dur ka jingthoh, khnang ban lah ban bud dien ia ki da ki 'longdien ne da ka pateng kaba bud ia ki; bad kaba lai pat ka dei ka pisa-tyngka (fund). Namar khlem ka pisa-tyngka ne fund, ki jingpyrshang baroh ban buh ia ki jingtip ha ka jingthoh jingtar kiba ia dei bad kano kano ka phang (subject) ki long kiba lehnoh ei, namar donkam ia ki pisa-tyngka khnang ban lah ban thied ia ki kotsada, ban siew ia ka baishon (Press) bad kiwei kiwei de ki jingdonkam, khnang ban lah ban pynmih madan ia ki kot ki sla bad jingthoh baroh.

Kumta, halor kine ki jingeh kiba don ha khmat, ngam lah khlem da 'niew burom bad ai ka jingiaroh kaba khraw ia U Professor Loris Roy Myrthong, uba la im sngi thait-shi-thait bad minot jai-pa-jai ban leit na kawei ka tyngkong-iing sha kawei pat, ban tih na ki dew-jem ban khylllem ia ki dew maw, ban lum ban lang na ki 'Longshua na ki 'riewtymmen kiba la ia don bynta bad ki jingialehkai football ha kane ka ri jong ngi, ia ki jingtip bad jingkyrmaw jong ki shaphang ka jingsdang jong ka jingialehkai football, ki nongialehkai kiba la ia shim bynta, ki club kiba mih nyngkong bad kiba bteng ter ter bad ki nongialehkai kiba tbit bad bapawnam ha ki por ba la leit noh.

Shuh shuh, dei tang kum U Professor Loris Roy Myrthong uba lah ban thoh ne batai shaphang 'KUMNO BAN IALEHKAI FOOTBALL'. Shaphang ki buit ki bor bad ki jingpyntbit ia lade ha kum kane ka jingialehkai, dei tang kum ma u hi uba ioh ka jingshemphang bad uba la ioh rung ha ki 'training camp '(football)' kum u State Player uba ia u la jied da ka Assam State Football Association.

Hynrei ban shu pynkut tang kat tei haneng, lehse kam pat biang (incomplete), kumta U Professor Loris Roy Myrthong, kum u Nongthoh ia kane ka kot, um hun satia

ban pynkut tang hangne. U la khreh bad minot ruh de, ban buh ruh hangne, ha ka dur ka jingthoh bad ha ka ktien Khasi shaphang ki 'AIN' (LAW OF FOOTBALL) kiba iadei bad ka jingialehkai football katkum ka juk mynta. Ka long ka jingpyrshang ba ia kynduh maw-eh tliang-shi tliang ban lah ban khlong dew-met dew-tyndrai. Wat la kane ka kam ka long kaba jwat katta katta, 'hynrei da ka jingminot bad jingiaipyrshang kaba jai-pa jai, da kaba tih ia kane bad khlong ia katai, U Professor Myrthong u la lah ban wan rah ha ka ktien jong ngi ia ki 'AIN' jong ka jingialehkai football ban sngewthuh bad shemphang u luk u lak, bad baroh kiba ia shim bynta ha kane ka jingialehkai, la ki dei ki nongialehkai ne nongpeitkai. Ka jingtip bad jingsngewthuh ba thikna ia ki ain baroh, ka pynsuk shibun ym tang ia ki nongialehkai ban nang ban ia lehkai kham bha, hynrei ia ki nongpeitkai bad nongpyniaid-kam ruh kumjuh, ban lah ban ia poi sha ka jingiaid beiti aid ryntih ki kam baroh kiba ia dei bad kane ka jingialehkai. Hynrei, ngam lah khlem da kynthoh hangne khyndiat shaphang ka jingbuh ia ki ain ha ka ktien Khasi. Kumba la ong haneng—ka jingbuh ia ki ktien ne kyntien jong ki 'AIN' ha ka ktien Khasi, ka long kaba jwat shibun eh, kumta khlem jingartatien, ki jingdkoh ne jingsngewthuh bakla ruh kin ia iaid lang ryngkat ryngkat. Ban lah ban sngewthuh shai kdar shaphang iwei-pa-iwei i kyndon jong ki 'AIN', dei ban pule ruh ia ki (LAWS OF FOOTBALL) ha ka ktien phareng ban ioh ia ka jingmut (interpretation) kaba thikna kaba ia dei dur bad kito kiba la buh ha ka ktien Khasi.

Ha kaba khadduh, ngam lah khlem da pynpaw biang sa shisien ia ka jingsngewnguh bad jingsngewburom jong nga ia U Prof. L. R. Myrthong, uba long ruh u nonghikai ka Sankardev College ban lam lynti ha kane ka jingpyrshang ban pynmih nyngkong eh ia kane ka kot kaba ia dei bad ka phang (subject) 'Ka Jingialehkai Football' bad ngam lah ruh ban klet ia ka jingong U Dr. S. Radhakrishnan ba "Ngi, ki nonghikai kiba long ki nongseng ia ka jingnang-jingstad bad ki nongpynsaphriang ia ka jingshisha, ngi seng-nongrim ia ka jingiatiplem ka jabieng ka kynhun-briew jong ngi".

U 'riew-ieit football baroh u dei ban pule ia kane ka kot.

(DONALD McBELL DUNAJ)

Dated Shillong,
The 16th June 1981.

Ex-Hony. Football Secretary,
Shillong Sports Association.

SHI KYNTIEN NA U NONGTHOH

Ban ialehkai Phutbol kam long kaei kaei kaba suk lane kaba shitom. Ban long u nongialehkai Phutbol uba tbit donkam ban hikai ialade ha bun kiei kiei kiba iadei bad ka Phutbol. Ban shu ialehkai pat tang ban nam kam long kaba shitom. Ha kane ka ri jong ngi ka jingialehkai Phutbol ka long kaba shongshit haduh katta katta. Ngi shem ba haba don hi ka jingialehkai Phutbol kaba itynnad, u paidbah shynrang bad kynthei ki iatuid sha lypung ban ia leit jngoh kai. Mynta, ka Phutbol kam long shuh tang ka jingialehkai ki shynrang hynrei ki kynthei ruh ki la ia pyrshang ban ia shim bynta para kynthei. Ki kynthei Khasi ki long kiba trei shitom bad kiba khlain, ki dei ban ia mih sha khmat ban ia shim bynta ha kane ka jingialehkai.

Ka long kaei kaei kaba shisha, ba haba bun hi ki nongpeitkai, ki nongialehkai ruh ki ioh mynsiem hynrei ka long ruh kaba shisha ba haba ki nongialehkai kim long kiba tbit, ki nongpeitkai ki salia noh bad kim don mon ban leit peitkai, ki kylla ngiah noh pynban. Namarkata, dei ban sngewthuh ba ka don ka jingiadei kaba jan eh hapdeng ki nongialehkai bad ki nongpeitkai. Ki nongialehkai Phutbol ki long kum ki nongialehkai 'Circus'. Ki nongialehkai Circus ki pyni ia la ka jong ka jong ka jingtbit bad katno ka jingitynnad ban peit. Hynrei hato ngi la ju pyrkhath kumno ba ki pynlut por miet-step ban pyrshang ban pyntbit ialade? Lada ki nongialehkai Phutbol kim sngewthuh ia kane ba ka bynta ne kamram jong uwei pa uwei u player kam long tang ban jop hynrei ban hikai, ban pyntbit ialade shimet shimet bad ban wad ki lad ki lynti kumno ban pynitynnad ia ka jingialehkai khnang ba ki nongpeitkai kin hun. Ki dei ban pynlut por ban practice ha ka rukom kaba dei, khnang ruh ba ka standard jong ka Phutbol hangne kan nang kiew shaphrang.

Ngi dei ban kynmaw ba ka jaidbynriew Khasi kam long kaba bieit ne anna hynrei kaba lah ban iabeh shaphrang ha kiei kiei baroh, kaba donkam ka long tang ka jingpynshitom. Ngi dei ruh ban sngewsarong ba naduh ba ki Phareng ki la wanrah ia ka jingialehkai phutbol hangne ha ri jong ngi, ki Khasi ki la pynpaw ia la ka jingtbit jong ki ha kaba ki ialeh bad ki team shipai kiba khlain kum ki Gurkha Regiment ka 1/8th (first eight) bad 2/8th (second eight), bad kiwei kiwei. Kum ban shu jer kyrteng katto

katne—Raja Singh Giri, P. E. Vanghan, Wilson Reade, Korju Diengdoh, Sebi Mohon Roy, Noren, Barley, Livingstone, Myllon, Welip bad Loving Gatphoh. Kine ki long ki nongialehkai jong ka C. A. C. (Christian Athletic Association) shuwa ban seng ia ka K. J. A. A. ha ka snem 1924. Ka standard jong ka jingialehkai ruh ka kiew bha ha kane ka por.

Kane ka kot ka long ka jingpyrshang jong nga ban thoh shaphang ka Phutbol (Soccer) bad ban pyni ruh kumno ba dei ban ialeh ia ka khnang ba ka standard ialehkai kan nang kiew shaphrang. Nga la buh ruh hangne ha ka ktien Khasi ia baroh 17 tylli ki Ain (Laws) kiba iadei bad ka Phutbol.

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(Cover: Assam XI Vrs. Russian Soccer Team: Nehru Stadium-Gauhati, 1965. U Nongthoh ha ka por ba ia head ia ka Bol).

LYNNONG 1

Ka Mynnor jong ka Phutbol ha Shillong

“Ka phutbol mynta te kam ia kot shuh phi haei-haei ruh bad ha ki por jong ngi”, la ia kren arngut ki tymmen kiba la leit phai noh sha la ki jong ki ing hadien ba la wai ka phutbol ha Polo. Nga la kwah dik dik ban tip shaphang kata ka phutbol ha ki por jong ki, kaba long haduh katno eh. Dei ban wad hynrei ban leh kumta ruh kam long kaba suk namar ki jingthoh jingtar kim da don eh. Saphiet saphrong hangne hangtai lah ban shem tang ha ka jingtip ki tymmen ki kro. Namarkata, ka jingduna bad jingdkoh ym lah ban lait ban pyrshang ban bud dien bad thoh ia ka mynnor jong ka phutbol ha Shillong.

Ka mynnor jong ka phutbol ha Shillong ka long kaba sngewtynnad shibun eh ban tip bad ban kynmaw burom ia kito ki rangdajied kiha la sdang ban ialehkai, ban pynshongshit ia kane ka sport ha kine ki lum jong ngi. U khun Khasi-Khara ha ka jingshisha um ju bna kaei kata ka phutbol. Dei ki shipai Phareng kiba la wanrah nyngkong eh ia ka phutbol sha Shillong.

Haba la pynlong jylla thymmai ia ka Assam ha ka snem 1874, hapoh U Col. Keatings kum U Chief Commissioner ba nyngkong eh jong ka la pynlong ia ka Shillong kum ka nongbah jong ka Assam. Naduh kata ka por ki ophisar bad ki shipai Phareng ki nang wan kiew ter shi ter. Ryngkat bad kane ka jingwan jong ki, ki la wan rah ruh bad ia ki jingialehkai bapher bapher kum ka cricket, football, hockey, golf bad kiwei kiwei.

Ha kato ka por ym pat don satia wat tang kawei ruh ka madan kaba bit ban ialehkai ia kitei ki jingialehkai. Kumta la shna pynbha ia ka lyngkhot madan ktieh kaba don harud ka wahduit Umshyrpi. Namar ba la pyndonkam ban ialehkai nyngkong eh ia ka cricket hangne, la khot ‘Cricket Ground’ kaba ngi ki Khasi ngi khot madan ‘KYRKIT LABAN’, mynta pat la khot ia ka da ka ‘Garrison Ground’.

Katba ki sngi ki snem ki nangiaid la wan kiew pat sa ki khar-Bengali na sha Bengal ban wan trei kum ki babu ophis. Kine namar ba ki la kham mlien ban pyrshang ruh ia kine ki jingialehkai, khamtam ka cricket, ki la seng ia ka Shillong Town Club ha ka snem 1891. Ki players ka Town Club kiba pawkhmat eh ha kane ka por dei uta u Dhiren Sen (Goalkeeper)

bad u Chitta Bose (Left-outside). Kine ki la mihkhmat ia ka Shillong XI bad ka Civil Team la bunsien. U Chitta Bose u la long ruh u Captain jong ka Sporting Union Club (Calcutta) bun sien.

Ha ka snem 1880 la seng ia ka Shillong Government High School. Hangne la hikai ia ki khyannah skul kumno ban ialehkai phutbol. Ki don de katto katne ki khar babu (Bengali) kiba la hikai ia ki khyannah samla Khasi ban myllen ban ialehkai phutbol. Nangta suki suki ki samla Khasi ruh ki la sdang ban shongshit phutbol. Ki players kiba pawkhmat eh jong ka Government High School ha kine ki snem (kumba 1900) ki long U Dhiren Sen, Chitta Bose, Kewell Lyngdoh (U hynmen babu Reyland), Phishon Roy, Jobu Roy, Moshondro, Boren Swer bad uwei u Rahman.

Hynrei ka skul ka khlain bha ha ka phutbol ha ka por ba long Head Master U Rev. Oliver Thomas (1919-1928) Une u Sahep u long uba shongshit shibun ia ka phutbol. Ki players kiba mihkhmat ia ka skul ha kine ki por ki long kine harum—

Youmas, Hemuwel Laloo, Rishot Roy, Breclson, Loken Ryan, Joniwell Laloo, Surcsh Mohon Roy, Oralsen, Alan Gatphoh, Nasar Gatphoh, Enyer Ahmed, Bonniwell Rynjah, Kamakhya Das bad kiwei de. Ha ki Inter High School Tournament ka Government High School ha kita ki por ka hap hapoh ka 'Brahmaputra Valley' hynrei namar ba ka khlain palat bad rah shi rah Cup tang ma ka, la pynhap noh ia ka bad ka Surmah Valley.

Haba ia nujor ia ka history ka Government High School, la ha kano kano ka liang ruh ngim lah ban len satia ba ka Government High School ka pawkhmat eh ha ka por U Sahep Rev. T. E. Pugh. Une u la long uba shongshit haduh katta katta ia ka phutbol. Um ju pep, da la ka met u poi ban ai mynsiem bad jinghikai ia ki khyannah. Ha kine ki snem khamtam 1929-1934, ka skul ka bat ia ka nam kum kawei na ki team phutbol ba khlain tam ha Shillong. Ki players ba pawkhmat eh ki long kine—Everwell, Charles Phillip, Borthakur, Worly Laloo, Arrow, Locknath Joshi, Commoral, Prakash Barua. Bill Nongrum, Goverdhan Chetri, Owenton, Imna Maren Ao, Selestine, Cromwell, Dal Bahadur, Wojo Singh, Okin Hujon bad Romet. Kaba sngewtynnad ka long ba kine ki players baroh ki ju ia kynduh lang dang step phyrngap ha

Mot-phran, da ka jingpynbeit U Sahep Pugh, ban mareh step nangto sha ing U Governor, nangta pyllun ia ka Shillong Round Road bad ki sa ia pra sha la ki jong ki ing. Ki leh ia kane man ka sngi, ym tang ha ka por phutbol. Mutdur ia ka 'Stamina' jong ki, kim ju thait satia haba ialehkai.

Ha u snem 1936-1937 ruh ka skul ka dang khlain bha, ki players ki long kine harum—

Evanton Reade, Goverdhan Chettri, Gilbert Tariang, Noksang Ao, Owenton, Ernest Jyrwa, Nando Wankhar, Rema Ao, Kellington Pariat, Primrose Gatphoh, Commoral, Wirshon Rynjah, Wilverhamton Phanwar, Hamlet Pariat, Hill Rani, Lorinton Reade bad Alfonsus.

Ka Government High School, wat haduh ki snem kiba hadien ruh ka long hi ka team kaba khlain khamtam ha ki Inter High School Tournament.

Kan long kaba sngewtynnad shibun lada ngin ia phai khyndiat ban bud dien ia ka jingsdang ka madan ialehkai bakongsan tam kaba ngi tip kum ka 'Polo Ground'. Ha ki snem kiba mynshuwa (kata ha ki 1900) haba ka Soikar ka la iohi ba ka phutbol ha Shillong ka la sdang ban shongshit, ka la sngew ia ka jingdonkam ban don sa kawei ka madan ialehkai phutbol nalor ka madan 'Kyrkit Iaban'. Kumta, ka la pyrkhat ban shna pynheh shuh shuh ia ka bynta ka madan ia tied Polo (first ground) hangthie ha Pynthor umkhrah. Ka Polo Ground ha kata ka por ka long tang kato ka 1st ground mynta kaba ngi tip ruh ia ka kum ka 'Old Polo Ground'. Ia kane ka kam pynheh madan la ai ban trei U Gollam Hyder and Sons. Ha kata kapor ka Wahumkhrah ka tuid nangtei na ka nan u Bok ter ter, ka khun de napdeng ka 2nd bad 3rd ground mynta. Na 3rd ground shaneng ka dang long tang ka jaka madan ktieh. Ka plan ka long ban pynphai noh ia ka wah bad ban pyntuid beit noh ia ka. Ia ka kam la pyntrei da U Molla Buksh. U la pyndap khyndew ban pynmadan lin bad u la pynpar ruh da ka kharai napoh madan, kaba ngi lah ban iohi ba ka pei hangtei haneng katei ka jingkieng pyrshah 2nd ground. Ia ka wah la pyntuid beit kumba ngi iohi mynta. Ia ka madan ia mareh kulai (Race Course) la shna ryngkat ha kata ka por. Hangtei harud ka jaka ia mareh race ki kulai don ka bynta ba lang um haduh mynta kum ka pung, bad ki Khasi ki khot naduh kata ka por haduh mynta ka 'Nan U Bok'. Ka club Khasi

ba nongkong eh ba la seng ha kata ka por ka dei ka C.A.A.C. (Christian Athletic Association Club) kaba ki khot lyngkot C. A. C. La seng ia kane ka club da ka jingiadon kti lang ki sahep Missionery. Kane ka long ka club kaba saw ba la seng ha Shillong, ban ialeh kai phutbol. Kaba nyngkong eh dei ka Shillong Club, kaba ar Ka Shillong Town Club, kaba lai ka Government High School. Ki players phutbol ba nyngkong eh jong ka C. A. C. ki long i Parad Wilson Reade, Jogendro Roy, Raju Giri, Welip Lewis, Rihin Singh, Hamuin Roy, Dr. Brojogendro Diengdoh, Mohorel Rani, Loving Gatphoh, Rishon Roy, Sabuit Roy, Bing Synrem, Orjo Diengdoh, Sebi Mohon Roy, Myllon Roy, bad Boren Swer. Ki la lah Cup nyngkong eh ha ka snem 1912. Ka uniform jong ki ha kata ka por ka long ka rong khaki. Ki players ba pawkhmat eh ba mih hadien ki long Freewell, Joniwell Laloo, Rishot Khongwir. P. E. Vanghan.

Ha kine ki snem 1900, ka jingialehkai phutbol ka la sdang ban shongshit bha bad la ju pynlong ia ki jingialehkai phutbol sngewbha (friendly matches) hapteng ki shipai bad bym dei shipai (Military *vs.* Civil) man ka teng. Hynrei kaba sngewsih ka long ba ka phutbol ka la hap sah ngeh noh shipor namar ka kynrum kynram kaba mih na ka jingpynkhlad jylla thymmai kaba ngi tip kum ka Partition of Bengal 1905, hapteng ka East bad West Bengal. Ia ka Assam la pyniamir lang (merged) bad ka East Bengal. Ka Dacca ka la knieh ia ka kyrdan nongbah (capital) na ka Shillong. Hynrei kane ka la neh tang shipor namar ha ka snem 1911, la pynkylla biang ia kane kum mynshwa bad ka nongbah ruh ka la wan biang sha Shillong.

Ka Shillong Phutbol kaba dangdon hi ha ka jinglong khunlung (infant stage) ka la sdang ban khie im biang ha kane ka por. U Divisional Commissioner, U Sir K. C. Dey, C.I.E., I.C.S., u la ai sngewbha ki cup na ka bynta ka competition phutbol ka ban ialehkai tang 6ngut ki players shiliang-shiliang (Six-a side), khnang ban pynshit bad ban pynshlur ia ki samla ban ialehkai phutbol. Kaba sngewthamula, ia ngi mynta, ka long ba ha kane ka competition, kawei na ki rule ka ong ba 5 tylli ki corner ki ia ryngkat bad kawei ka kol. Kane ka mut ba lada kano kano ka team ka ioh 5 tylli ki corner, kata ka team ka ioh ruh shi kol.

Kawei pat ka team ba pawkhamat ba mih ha kane ka por ka dei ka Ophis Team—Survey of India Football Associations. Kane ka team ka long kaba khlain shibun eh. Na ki player jong ka kiba nyingkong eh kiba khambun ki long ki Phareng, ki Anglo-Indian bad tang katto katne kiwei pat. Ki players jong ka kiba pawkhamat eh ha kata ka por ki long U Sahep M₁. Keane bad uwei U Nepali uba kyrteng U Kulbir Thapa. Ha ki snem kiba hadien ki players kiba pawkhamat ki long—Youmas, Harising, Oralsen, Melkhaya, Jelion Khongwir, Khandu, Stinson, Drikson, Jowel, Hoverson, Guha bad u Capt. Howley.

Ki team shipai kiba don ha kine ki por ki long ka 1st/8th Gurkha Rifles bad ka 2nd/8th Gurkha Rifles. Kine ki long ki team kiba khlain shikatdei eh hapoh ka jingialam ki sahep pyrton. Kiba khambun na ki players ki long ki shipai Gurkha. Kumba long lem kiwei-kiwei ki team shipai, kine ruh ki long ki ba khlain bha ka boi met, kiba kohnguh (discipline) bad kiba practice miet snigi. Namarkata ki team? Civilian (bymdei team shipai) kim kham lah satia ban ia ai reng bad kine ki team. Bunsien, ki rah lut ma ki ia ki Cup bad ki Shield baroh. Namai ba ki khlain palat bad ba ki bun players la pynpait ia ki haduh 4 team. Ka 1st/8th ka don ka Headquarter team, ka A Coy, B Coy bad ka C Coy. La ju khot ruh ia ki da ka Headquarter team, Right-wing Coy team bad ka Left Wing Coy team. Ki sahep pyrton ba pawkhamat bha kiba ia lam ia team ki long U Captain Willasey Wilsey, Major Kennedy (Right Wing Coy) bad U Capt. Stevenson (Left Wing Coy). U Major Kennedy u long uba leh-radbah, uba jrong bad uba sawlein. U dei uwei na ki 'Left-Out' ba tbit bha khamtam ha ka rukom kynjat corner. Jan man la ka teng haba u kynjat corner ma u ka bol ka leit rung beit ha kol. Kiwei pat ki sahep pyrton ba pawkhamat bha ki long u Capt. Abbot bad U Capt. Clark. Na ki shipai pat ki long U Kansha Poon, Tek Bahadur, Dalpati, Teka Ram, Sher Bahadur, Gopal, Maila bad Shondro. U Kansha Poon u dei uwei na ki centre-half ba tbit tam ha kato ka por. U Dalpati Limbu pat u dei u centre-forward. Lehse ka Shillong Phutbol kan ym ioh shuh u centre-forward uba kum U Dalpati. Laitnoh na u Prosonto Bardhan, ym pat don u centre-forward u ban kham tbit ban ia u. Ki paid nongpeitkai kim ju ngiah satia ban peitkai haba ioh bol u Dalpati. Ka rukom pynshad bol (dribbling) bad ka rukom thep kol, da kaba shu kynjat lane pakhu da ka khlieh (heading) ka long kaba ithiang than.

Une u la leit ialehkai noh sha ka Mohun Bagan kum uwei na ki centre-forward jong ka. U Teka Ram u dei jong ka 2nd/8th Gorkha Rifles. U dei u full back uba khlain palat ban kynjat bol khamtam da ka kjat kadiang (left legger). La ong ba teng teng haba u kynjat out, ka bol ka poi shaduh ka penalty area ki opponent (liang ia pyrshah). Ki Khasi ki khot ia u u Bak-iong. U Shondro jong ka 1st/8th u long u briew uba jrong bad met bah. Ka position jong u ka long ha inside. U long uba tbit bha ban thep-kol (scoring) khamtam ha ka heading. La ong ba haba kynjat corner, ka bol ka tang shu dei ha ka khlich jong u, kata ka la rung beit ha kol.

Ki don lai tylll ki Competition lane Tournament ha kine ki por. Ka National Cup Competition; Ka Association Cup Competition bad ka Earl Cup. Ha ka Competition kaba nyingkong eh jong ka Association Cup ha ka 1912, ka C.A.C. ka la jop ia ka Town Club ha ka final hadien ba la ia drawn bunsien. La ong ba ka jingshongshit ki paid nongpeitkai na baroh arliang ka long kaba palat.

Ha kine ki snem nyingkong jong ka Shillong phutbol, U Ram Chandra Singhanja, U kpa-rad tymmen U Ratan Lal Singhanja, u la ai sngewbha kawei ka Cup ha ka snem 1913, kum ka burom ia u Chief Commissioner uba nyingkong eh ba ngi la ioh—U Archdale Earl. Ia kane ka cup la ai kyrteng ka Earl Cup. Kam da long kaba heh hynrei kaba itynnad bha ban peit bad la shna ruh ia ka da ka rupa nylla (pure silver).

Ha ka snem nyingkong eh jong kane ka knock-out competition la khot sngewbha wat ia ki team kiba na shabar. Kiba la pdiang sngewbha ki long ka Gauhati Cotton College; ka Berry White Medical School, Dibrugarh (kaba ngi tip mynta kum ka Dibrugarh Medical College); bad ka Silchar India Club. Ka Silchar kam shym la lah ban poi namar ba jia ryngkhat ba don ka jingsahnggeh ka jingiaid rel sha kito la thain. Ka Dibrugarh pat ka la wan da ka Rel haduh Gauhati bad nangta da ki kali masi shaduh Shillong. Ka Shillong-Gauhati Road (surok) ka dang long tang ka surok khyndew surok khlaw ha kata ka por, ym pat don wat tang kawei ruh ka shnong rit shnong ria ha lynti. Tang ha shiteng

lynti (Nongpoh ba la khot hadien), don ka jaka buh kulai kaba ki ju bujli kulai na ka bynta ki kali kulai (Tom-tom). Da ki kali masi ka shim por haduh lai sngi bad da ki kali kulai tomtom tang shi sngi. Ka la shim por ia ka Dibrugarh, namar kata, lai sngi ban poi ha Shillong na Gauhati ha ka dor Rs.5 shi khlieh briew. Haba pyrkhat ia ka dor ka pisa mynta 5 tyngka ka long ka doi kaba la rem shikatdei eh ha kata ka por. Ka Cotton College pat ka donbok ba ka ioh da ka Bus ba la pyniaid da ka Planters Stores kaba pyniaid artylli ki Bus ia ka surok Shillong-Gauhati ha kata ka por. Wat la katta ruh la ong ba uwei u khynnah skul ka Cotton College, U Bhupendra Narayan Biswas, u la wan bad poi tang da ka Bicycle.

Ha kane ka snem 1913, ka C. A. C. ka la rah ia ka Earl Cup, da kaba jop shwa ia ka Medical School Team bad nangta ha ka final pyrkshah ia ka Cotton College. Ha ka snem kaba bud 1914 ka Cotton College ka la wan iashim bynta biang hapoh ka jingialam u Prof. P. C. Roy. Hadien kane ha ki snem ka thma bah kaba nyngkong, ym shym don kino kino ki team na shabar ki ban wan iashim bynta hangne. Hapoh kine ki snem la seng ia kawei ka Club phutbol kaba la neh tang shipor bad kata ka long ka team Volunteer Corps. U Bah Web jong ka Telegraph Department u la long uba pawkhmat eh ha ka balum balang ia ki players na ka bynta ban pynmih ia kane ka team. Ki players ba kongsan jong ka ki long kumne:—Bah Web, W. Reade, Barkley, P. E. Vanghan, Arthur Dela augered, Lewis Delanaugered, Siro Mohon Roy Lister bad kiwei kiwei.

Kiba pawkhmat na ka Government High School ha kine ki snem ki long—Dhiren Sen, Shyama Chasan Ganguli, Elbin Pariat, Boren Swer, Korju, Ramesh Das, Peter, Jewel, Subodh Roy bad Dorjo Swer.

Ka Charity Match ba nyngkong eh ba la ialehkai ha Shillong ka dei ha u Nailar 1915 ban lum pisa na ka bynta ban iarap ia ka thma. La pynlong ia kane ka jingialehkai, kaba long ruh ka final hapdeng ka Shillong Town Club bad ka 123rd Outram Rifles. Wat la ka dei ka sngi kaba lapbah, u paidbah nongpeitkai ula dap smam ia ka madan. Ka Town Club ka la jop ia ka team shipai shi kol, da ka said. Kane

ka long ka sien kaba nyngkong ba ka Town Club ka rah ia ka Earl Cup. Ki players ka Town Club kiba la ialeh ha kane ka final ki long kine:—Amar Bhattacharjee, Deben Das, Nilmoni Mukherjee, Raman Deb, Hara Kumar Roy, Atul Dey, Ganga Ram Das, Barua, Prasanta Bardhan. Ananda Medhi bad u Chitta Bose.

U Prasanta Bardhan u la long u nongialehkai phutbol uba nang haduh katta katta. U dei u Centre Forward. Haba u mih ialeh kai u shait phong du i dhoti (jainboh) iba lieh phir phir bad ka Canvas (juti) kaba da lieh kshong. U briew uba jrong ha ka rynieng, haba dei ialehkai ma u. la ong, ba u paidbah shynrang bad kynthai, ki tuid sha Madan Polo tang ban ioh peitkai ia u. Kim ju ngiah ban peit ia ka rukom shim bol (trapping), pynshad bol (dribbling) bad ka rukom rah bol kaba da ithiang shisha. U la long u nongialehkai uba pawkhmat ym tang ha Shillong hynrei ha ri India baroh kawei.

Hadien u la leit ialeh noh na ka East Bengal Club (Calcutta) kum u Captain jong ka. U la ioh mih ruh na ka Indian Team ha ka sien leit ialehkai nyngkong eh jong ka shabar ri ha ka snem 1924. U la ialeh na ka Shillong Town Club jin kumba 15 snem ci ei.

Ka Hills United Club ka long kawei na ki team phutbol ba la rim bha. Ki players ba rim jong ka ki long kine—Alimot Lyngdoh, Bishar Pati Syiemlieh, Holin Sohliya, Shondromoni War, Sabuit Roy, P. E. Vaughan, Myllon Roy bad kiwei. Hadien kane ka Hills ka la nang kham khlain bha ban long kawei na ki team ba khlain tam ha Shillong phutbol. Ki players ba pawkhmat ki long Breelson, Hemuwel Laloo, Sorju Syndor, Rosman Swer, Sree Nath Dkhar, Hores, Worington Phanwar bad Albert Lemuel Phanwar.

U Bah Hemuwel u long uwei na ki players Khasi ba pawnam. U la long uwei na ki players ba tbit tam jong ka Government High School. Hadien kata, katba u dang don ha Calcutta ha Scottish Church College, namar ka jingtbit jong u la khot ia u bad u la ioh ialeh phutbol na ka Mohun Bagan Club. U la long u full back u ba skhem haduh katta

katta. U lah ban rah bol (dribble) naduh back shaduh jan kol. U long ruh uba sting ban kynthih bad uba stet ban mareh. Tang kawei ka jingduna ka long ba um ju lah ban thep kol. Ha ki snem kiba la la seng ia ka Khasi-Jaintia Association, u la long u regular players jong ka. U Bah Hemuwel u la long uwei na ki Secretary jong ka Assam Football Association. U la long ruh uba ieit bha ia ki sports haduh ki snem kiba khadduh jong u. U la long ruh uwei na ki Secretary ba khlain bha jong ka Shillong Sports Association.

Ka Hills United ka la rah cup la bunsien na Polo Ground. Ki players ba tbit jong ka kiba hadien ki long kine: —Edro ~~Swar~~, Phedro ~~Swar~~, Timolcan Diengdoh, Wisemen Swer, Dolishon Mawlong, Hamlet Pariat, Hewlet Pariat, Cromwell Diengdoh, Carlton Reade, Bendro Well, Jangbir, Presswell Singh, Breden Hearch; Wilverhamton, Ableman Swer, Roswillie Jyrwa, Ernest, Evanton Reade, Medrington, Readywell, Win Gatphoh bad Maxwell.

Kawei kaba sngewtynnad ka long ba ha ka snem 1933 la pynmih nyngkong eh ia ka Trophy kaba rit hynrei kaba itynnad shibun, ba la khot ka "Willasey-Wilsey League Championship Trophy" ba la ai da u Capt. Willasey jong ka 1st/8th Gurkha. Ia kane ka trophy la jop nyngkong eh da ka Hills United Club ha katei ka snem. Kane ka club ka la pra noh ha ka snem 1952-53.

Ka snem 1916 ka long ka snem ka ban sah kynmaw haduh ki snem kiba shadien ha ka Shillong Phutbol. Dei ha kane ka snem ba la seng nyngkong eh ia ka Shillong Football Association. Ym dei ban klet ia u Hara Kumar Roy uba la long u Secretary ba nyngkong eh jong ka Association. Ki pyrsa jong u, u Karuna Sindhu Roy bad u Sudha Sindhu Roy ruh ki la long ki Secretary ba hadien.

U Sudha Sindhu Roy u la long u Secretary uba trei shitom ban pyn'ut por meit-sngi ha kaba tei ia ka sports ym tang ha Shillong hynrei ha ka Assam Sports ruh. U la long u Secretary ka Shillong Football Association jin haduh 15 snem ei ei. U la long ruh uwei na ki nongsdang bad nongseng jong Assam Football Association bad Assam Cricket Association.

Ka Shillong Football Association ka la pyniaid ia ka competition football baroh naduh 1916 haduh ka snem 1936. Dei ruh ha ka snem 1916 ba u Manager jong ka Commercial Carrying Company (kaba long ka State Transport mynta), u Mr. Feather Stone, u briew uba ieit bad ba shongshit bha ia ka phutbol, u la ai sngewbha ia kawei ka shield kaba la ai kyrteng ka Castle Shield. Kane ka shield ka long ka ba itynnad shibun bad la shna ia ka da ka rupa nylla. Ym tang katta, U Mr. Feather Stone u la seng ruh ia kawei ka team phutbol ki nongtrei hangto ba la ai kyrteng Motor Union Club. Ha kane hi ka snem la seng ia ka P. W. D. Club, kaba ha kane hi ka snem ka la jop ia ka Earl Cup, da ka ba pynrem ia ka Shillong Town Club, kaba la bat ia kane ka cup. "Hynrei kane" ka P. W. D. Club ka la ieng tang shipor.

Ia ka Laban ruh la seng ha kane ka snem 1916. Ha kata ka por la ai kyrteng da ka Laban Athletic Club. U Secretary ba nyngkong eh jong ka dei u Wahid Ali (Babu Ahid), uba la long ruh uwei na ki nongseng jong ka. U long uwei na ki Social Worker ba pawkhmat jong ka sor Shillong ha kata ka por. Dei ruh ma u uba la sdang pyniaid Bus (Bus service) nyngkong eh ha u Nailur 1921. U la iadon bynta ha ka Shillong Football Association haduh kumba 25 snem ei-ei. Ha ka snem kaba ka mih nyngkong eh, ka Laban ka la rah ia ka Castle Shield da kaba pynrem ia ka Town Club ha ka final shi kol. Ki players kiba la ialeh ha kane ka final ki long—Joren Lyngdoh, Peary Mohon Roy, Moshondro, Dotro, Nil Lohit Das, Dorjo Swer, Jarib Shah, Isos Rynjah, Boren Swer, Ali Ahmed Lyngdoh, Howell Lyngdoh, Oniwell bad Jitendra Das.

Ka Laban ka long kawei na ki team phutbol ba khlain ha kita ki por bad ka la ju rah cup ruh bun sien. Ka la jop ia ka Ganesh Das Shield bad ka Survey Cup ha ka snem 1935. Ki players ba ia ialeh ki long kine—Abdul Rahman, Bomiwell, Nebinjo, Stickingwell, Wojo Singh Giri, Lovingjo Swer, Kreswell Majaw, Prosonto Rynjah, Worson, Okindro, Elin, Sonto, Sojo Singh, Phleen Singh bad Jyotir.

Ha ka snem 1937 ka Laban ka la long Champion, ia ka Capt Willasey-Wilsey League Championship. da kaba jop ia ka Hills United ar kol. Ki players ki long kine—Joren Lyngdoh, Weklinton Roy, Proverwell, Soberwell, Debi Marbaniang, Lovingjo, Flin Rynjah, Sojo Singh, Worson,

Stickingwell Chesar, Bomiwell, Nomiwell, Alfred Sam, Prosonto, Nebinjo bad Okindro Hujon.

Ha ki snem 1940 haduh 1960 ruh ka Laban ka khlain bha. Ki players kiba ialehkai bha ki long kine harum:—

Abdul Rahman, Bomiwell, Alfred Sam, Okindro, Gowell Roy, Santo, Crossell, Senapati, Korno Singh, Enel Lyngdoh, Lovinjo, Onil Das, Karamji, Odhir Karmakar, Basu, Silverstar Wallang, Kison Shynret, Gilmore Kharshiing, Steve Lyngdoh, Ben Dun, Dennis Dun, George Dun, Omar, Kaladhar Deka, Sankyrwat, Davis, Bruce, Brooke, Montu bad Prasono Goswami.

Ka Malki ruh ka long kawei na ki phutbol team ba la rim. La seng ia ka hadien khyndiat snem jong ka Laban. Ki players ba nyingkong eh jong ka Malki ki long—Kyrhai Warjri, Kynjuin, Hum Warjri, Nam, Kwang Warjri, Kymbir Nongbri, Lang-Rangbah Myllemngap, Rangbah Myllemngap. Kine kim ia shim bynta ha ka competition hynrei ki la shu ialehkai tang ha madan Umshyrpi (madan Malki). Ka. shnong Malki ka dei ban sngewnguh ia u Bah Kyrhai uba la pynkylla ia ka madan ktieh sha ka madan phutbol na ka bynta ka jingbit-jingbiang ki khynnah ialehkai ka shnong.

Dei ha ka por kaba kham hadien ba ka Malki ka la sdang ban ia shim bynta ha ka competition sha Polo. Kiba pawkhamat eh ban ialehkai na ka shnong sha Polo ki long—Rup, Tir Nongbri, Rngom Mawroh, Dom Kharbuli, Philip Mawroh, He Jyrwa, Woren Nengnong, Kol Warjri, Jobu Roy, Herendro Horoo, Phishon Roy (shuwa ban shongthait), Roling Iangblah, Jngum, Phuljon bad Khangnar (Sital Bad.) U Bah Rup u long u player uba nang bad ba skhem bha. U Bah Tir u long u Goal-keeper uba skhem bad uba nangbha ban bok lane ban sah ia ka bol da ka kti. Kine ki long ki por ha kaba ki players ki long kiba 'rough'. U goal-keeper u tang shu bakla ban kem ia ka bol u la rung lang sha kol. U Bah Dom pat u long uba dukhi bha. Shisien haba ialehkai pyrshah ia ka 1st/8th Gurkha; katba dang ia urlang ha madan bad uwei u shipai uba ialeh phulbak uba kyrteng u Tika Ram (Bak-iong), khak-khak u la dep dait ia u na sohpet. Une u shipai u la beh ia u sawdong ka madan, hynrei u Major Kennedy u la thab ia une u shipai bad beh ia u shabar. U Bah Kol Warjri ruh u long uwei na ki player ba tbit bha. U Bah Jobu Roy u long uwei na ki 'Wing' ba pawkhamat.

Ka Malki ka khlain ryntih ha ki snem 1930-40, ha ka por jong kine ki players harum :—Tir Nongbri, Homer Blah, Hores Blah, Lamphrang Tham, Laloit Bran Tham, Owell Nongbri, Gowell Nongbri, Lawanstet Tham, Ponel Warjri, Pathai Warjri, We Sohliya, Ke Sohliya, Tek Bahadur, Lessly Suting, Hilton Ranee bad Tamti (Dhobi).

Ka Club Laitumkhrach ka long kawei na ki club ba rim. La seng ia ka kumba ha ka snem 1920-21. Ki players ba nyingkong eh ki long—Shantung, Ero Kharkongngor, Lostro Sohkhlet, Stephen, Kedro, Lo Kharmawphlang, Worshon Roy Kharmawphlang, Waldrick, Breelson, bad kiwei de. U Bah Silverine (Sobrin) uwei na ki players ba tbit bha u ialehkai na ka team Don-Bosco ha kane ka por. Hadien u sa mih ruh na ka Laitumkhrach. Kawei kaba sngewphulia ia ngi mynta ka long ba ka rule ha kato ka por ka shah ia uno uno u player ban ialeh shisien na kawei ka team bad sa shisien pat na kawei pat ka team.

Ka team shipai kaba khlain tam ha kine ki por ka dei ka 1st/8th Gurkha Rifles, bud sa ka 2nd/8th Gurkha Rifles. Kine ki team shipai haba ki ia shim bynta ha ka Competition, niar eh ba kiwei pat ki team kin jop ia ki. Ka daw ka long ba ki khlain than ha ka bor-met bad ba ki don ruh ka discipline kaba biang. Ym lah ban len ia ka jingtbit jong ki katto katne ngut, hynrei lah ban ong ruh ba namar ba ki don ka mynsiem kaba khlain ban jop (strong determination) bunsien ka pynlong ia ki ban ialeh 'rough'. Namarkata, ki team paidbah (civilian teams) kim ju kham lah ban ialeh pyrshah ia ki. Kane ka la ktah ia ki katto katne ki rangbah Khasi, kiba da ieit bad shongshit shisha ia ka phutbol.

“To phi ngin ia seng noh da kawei ka team Khasi kaba khlain, ka ban kynthup ia ki players ba tbit tam na ki team Khasi baroh”. Kane ka jingangnud jong ki ka la urlong ha ka snem 1924, ha kaba ki la lah ban seng ia ka K. J. A. A. (Khasi-Jaintia Athletic Association). Kaba sngewtynnad ka long ba ka K. J. A. ka la lah shisha ban pyndem ia ki shipai bad jan baroh ki cup, ki shield ka rah lut ma ka. Ki rangbah kiba la seng ia ka K. J. A. ki long kine—I Rai Bahadur D. Ropmay, W. Reade (Babu Will), Dr. H. Lyngdoh, F. E. Augar, H. Phillip, P. E. Vaughan, bad uwei u Class—I Stenographer u ba ngi tip tang kum u Mr. Roberts. Ngim lah ban klet ia iwei i kynthei iba ngi tip tang kum i Kong Jorhat, iba

na Mawkhar. Ine namar ba i long iba riewspah, iba shongshit phutbol haduh katta, im shym la tyngkai spah ban pynieng ia ka K. J. A.

Ki players ka K. J. A. ki long kumne harum :—

P. E. Vaughan, Breelson Roy, Hari Singh, Maxwelton, Suresh Mohon Roy, Hemuwell Laloo, Isos Rynjah, Dorjo Roy, Trowell, Jek Lyngdoh, Rishot Roy, Joniwell Laloo, Youmas Roy, Oralsen, Freerwell, Waldrik, Ephrin bad Sobrin.

Lah ban buh kyrteng de hangne ia uwei U Sital Bad, uba ki sin kyrteng 'U Khangnar' ha ka ktien Khasi. U Khangnar u dei u jaid tyrkhang bah, uba jrong bad ba jwat bha ban kdiah. U Sital Bad u long uba dohsatar bad ba eh kum ka dieng shynrain. U dei u Bihari, uba nang bha ban kren Khasi tiaktiak la kum u Khasi hi. U shongkha ruh ia ka Khasi. U sah ha Lachumcare hajan madan Malki bad u ju ia leh phutbol ruh na ka Malki namar ba u long uba tbit bad ba dohsatar la ju pynmih ia u na ka K. J. A.

Ka K. J. A. kaba la ju tip ia ka ha kata ka por kum ka Khasi National Team, ka long kaba khlain shi katdei eh. Ki players baroh ki long kiba tbit bha. U Bah Hemuwell Laloo, kumba ngi la ia iohi shakmut u long uwei bad u Bah Youmas u long uwei pat. Kine baroh angut ki long ki players phutbol kiba ym tang ma ngi ki Khasi hynrei kiba ka Shillong Sports Association kam bit da lelei ruh bau klet na ka liang ka phutbol. Ka dei ban leh cici ban sah ka nam jong ki. Ka lah da kaba suk ban pynmih kano kano ka Cup ne Trophy, ban im ka kyrteng sah ka nam.

U Bah Youmas u long u ba tbit bha ban kynjat corner lane ban kynjat freekick. Bunsien eh, ha ba u kynjat-corner, ka bol ka leit rung hi ha kol. U dei u 'specialist' (ba la pyntbit bha) ha kaba kynjat corner. Kaba phylla bad sngewtynnad ka long ba haba u kynjat corner lane free-kick u pyndonkam ban kynjat da ka khmut juti bad u ieng ryngkat bad ka bol, khlem mareh ban kynjat. Ki khmut juti boot ha kata ka por ki long kiba eh bha kum ki khmut boot-shipai mynta. Wei u Bah Youmas u la ioh ban kynjat free-kick najan penalty area, kata la rung beit ha kol. Ka jingkynjat bol jong u ka long kaba khlain haduh katta-katta (terrific shooting power). Ka Eastern Railway, ha ka por ba long Manager U Mr. Taylor, ka la khot ia u hynrei um shym la leit.

U Bah Rishot Khongwir, u bym shym da long uba heh briew, u la long uba shyrkhei ha kaba 'bah-briew'. La ong ba

tang la bakla rah ka khohwah, kata la dep ei. U Bah Dorjo u la long uba stet haduh katta-katta ban mareh. U Bah Bril u la long uba stad bha ha kaba kynjat penalty bad ban score. La ong ba u kol um lah satia ban mutdur la un kynjat da ka kjat kadiang ne kamon.

Ha ka snem 1927-28, Ka Shillong XI ka la leit iashim byn-ta ia ka Manik Barua Shield sha Gauhati, ba la pyniaid da ka Gauhati Law College bad ialeh ruh ha Judge's field.

Ka Shillong XI ka la poi haduh ka final. Ka la iakynduh final pyrshah ia ka Cotton College, ka team kaba khlain bha ha kata ka por. Ha ka sien ialeh kaba nyngkong, ka game ka la hap sahnggeh noh khlem pat dei por namar ba mih jingkulmar noh. Ha ka sien kaba ar, ka Shillong ka la jop thiaw jin haduh 5—0. Ia ki players ka Shillong la jied ym tang na ki team Civilian hynrei na ki team shipai ruh. Ki players ki long kine harum—

- | | | |
|----------------------|---------------------|----------------|
| 1. Sher Bahadur | 1st/8th | Gurkha Rifles. |
| 2. Gopal | „ | „ „ |
| 3. Tika Ram | „ | „ „ |
| 4. Kansha Poon | „ | „ „ |
| 5. Dalpati Limbu | „ | „ „ |
| 6. Kamakhya Das | Shillong Town Club. | |
| 7. Youmas | Survey of India. | |
| 8. Trowell | K. J. A. | |
| 9. Suresh Mohon Roy. | K. J. A. | |
| 10. Maila | 1st/8th. | Gurkha Rifles. |
| 11. Oralsen | Survey of India. | |

Ka Jaintia ruh ka long kawei na ki team phutbol kaba la rim bha. La pynmih ia kane ka phutbol team hapteng ka snem 1916-1920. Ka Uniform jong ki naduh kata ka por ka

long kaba Saw. Ki players ba mihkhmat nyngkong ki long— U Tamon Kyndiah, Siang Hari Dkhar, (late) Aires, Lal Singh Hek, Deklis Shylla, Ford, Rieng Lanong, Francis Franklin bad u Kiang Snah. U Kiang Snah u la long uwei na ki players ba tbit tam na ka Jaintia. U long u players uba 'rough' bha hynrei uba kyrshan ia ka team baroh kawei.

Ka team Jaintia ka long kawei na ki team ba khlain bad ba shongshit bha; kaba la rah Cup ruh bunsien khamtam ha ki snem 1947-1948 bad 1949. Ki players kiba la mihkhmat ia ka Jaintia naduh 1944 bad nangta ter-ter haduh 1949, ki long kine—

Toni Laloo, Konjo Rymbai, Khro Shullai, Edwel Majaw, Joysly Tariang, Keston Shulai (uba la long Captain ia ka Assam XI), Kendo Lanong, Nalini Das, Senapati, Op, Benzil Pyrbot, Biliod Hek, Ernest Jyrwa, Milton Shylla (la ialeh na ka Maharana Club Gauhati 1946-1947; Gauhati Town Club 1949-1952), Puna Ao, N. Ao, U Jim Shylla bad kiwei kiwei de. Ki la rah ia ka League Trophy, Ganesh Das Shield, Survey Cup bad Commercial Cup bunsien ha ka 1947-1948 bad 1949. U Ma Hari Blah u la long u President, General Secretary--Tokin Rymbai, Secretary Football, Well Kyndiah.

Hynrei kaba sngewsih ka long ba kane ka club kam shym la pynmih phutbol team shuh la kham slem.

Ka Umsohsun ka long kawei pat ra club phutbol kaba la rim. La seng ia ka la kumno ruh ha ki snem 1920. Ki players kiba kyrshan ia ka ha kata ka por, ban shu jer tang kiba pawkhmat, ki long kine harum—

Ramja Ryntathiang, Nidoit, Suresn Mohon Roy, Trowell Ryntathiang, Khasar Ryntathiang, Kesto Jyrwa bad Kheni. Ha ki snem kiba hadien u Bah Suresh Mohon Roy bad Trowell ki la leit noh sha ka K. J. A. Ka Uniform jong ka Umsohsun ha kata ka por ka long kaba jyrngam-lich ryndang.

Ka St. Anthony's Club ruh ka long kawei na ki team phutbol ba khlain khamtam ha ki snem u Brother Moris (ym dei u Brother Moris uba ia lehkai phutbol), u Father Kenny bad Father Geno. Ki la jop ia ka League Championship Trophy ha ka snem 1934. Ki players ki long kine—

S. Das (Goalie), Ensli (Half Back), Endro (Full Back). S. W. Chaser (Right out), Gowell Roy (Right-in),

Worly Laloo (Centre Forward), Sobrin (Left-in), Wilbar (Left-out), Susil Das, Wirshon Nongrum, Sunil Das, Rudrabir Chetri, Locknath Joshi, Ableman Swer, Reedywell Shangliang, Baka bad Reyland Lyngdoh.

Ka team shipai 1st/8th Gurkha Rifles ka long ka team shipai kaba khlain tam bad ka ba la ialeh slem eh ruh hangne. Kane ka team ka la wan kumba ha ka snem 1922. Ka la shah transfer noh ha u snem 1929. Ha kane ka snem ka la wan pat sa kawei ka team shipai ka 2nd/ 8th. Kane ruh ka long ka team kaba khlain tangba kam lah khlain kat ka 1st/8th Ka 1st/8th ka la wan poi biang ha u snem 1932. Ka la sah katto katne snem bad hadien kata ka la leit noh syndon khlem wan poi shuh. Ha u snem 1932 ka la wan poi sa kawei pat ka team shipai ka 1st/10th bad 2nd/10th. Kine ki long ki team kiba 'rough' haduh katta-katta. Ka 1st/7th bad ka 2nd/7th ki la wan ha ka snem 1937 ciei.

Ha ka por ba pyniaid u Capt Page jong ka Shillong Club ia ka Shillong phutbol, kata ha ki snem jong ka thma bah kaba ar, ki bun bha ki team shipai kiba ia shim bynta ha ka Shillong phutbol. Ka R. A. F. ka long kawei na ki team ba khlain tam. Bun ki International players na England bad Scotland kiba mih na kane team. Ka don kawei ka team ba la khot ia ka 'Tye' ka team kaba kiba mih ki bun ki Scott. Kane ruh ka long kawei na ki team kaba khlain. Nangta ka don ka 80th/Second, Lancashire Regt, Sussex Regt, Royal Scott Fusiliers, 52 Light Infantry, King's Own Regt, Queen's Own Regt, Signal Porters, South Welsh Borders. Kine ki long kiba pawkhamat. Kiba mih na kine ki team ki long tang ki shipai Phareng. Nalor kine don de sa ka 14th Army Training Centre, Assam Regimental Centre, I. M. H., I. C. D, F. S. D, bad ka South African Regimental Centre. Baroh ki don 30 tylli ki team shipai ba la affiliate (ba la rung) ha ka Shillong Sport Association.

Ha ka snem 1944 ka khubor ka la phriang ba ka team phutbol England (Bilat) bad Scotland kin wan ban ialehkai phutbol hangne. Kane ka khubor ka la pynshongshit bad pynangnud ia u paidbah, khamtam ia ki players phutbol.

Ka Exhibition Match kaba nongkong la ia leh hapteng ka England bad ka Scotland. Ka England ka la jop tang shi kol.

Ia kane ka kol la thep da u Dennis Compton da kaba kynjat free kick na neng centre khyndiat. Ka la long ka scoring kaba ithiang palat, kaba pynpaw ia ka jingkhlain kynjat-bol jong u. Ka bol ka her beit kum u khnam bad ka rung beit nangtei na kyndong u bar diengkol. U Kol wat la u la pyrshang ban pyllait kol da kaba kynthih ban shu 'punch' ia ka bol hynrei um shym la lah ban leh ciei. Ha kane ka game saw ngut ki players kiba la pawnam ha baroh kawei ka pyrthei ki la pyni shisha ia ka jingstad bad jingthit jong ki ban ia leh phutbol. Kine ki long u Stanley Mathews—uba la ioh nam 'Sir' ha ka phutbol, U Dennis Compton—Uba la pawnam ruh ha ka Cricket, u Curtis bad u Joynar Ka jingwan jong ki ka long ka jinghikai ia uba bun khamtam ha ka 'team work', 'positional play', 'foot-work' bad ha ka 'head work'. U Compton u long ruh uba thit bha ban rah kynsan ia ka bol na wing shapdeng ka kol, ia kaba haduh mynta ki khot ia kane ka rukom rah-bol da ka 'Compton-Style'.

Ha ka sngi kaba bud la pynialeh artylli ki game. Ha ka match jingialehkai kaba nyngkong, ka Scotland ka la rem biang shi kol ha ka Combined Military Team. Phi lah ban mutdur ki team shipai kiba kumno ngi don ha Shillong kiba lah ban pynrem ia kat ka Scotland, ka team kaba la pawnam shibun. Ha kawei pat ka match ka England ka la jop, ia ka R. A. F. 3 kol. Hangne ruh U Curtis ula pynpaw ia la ka jingtbit ha ka rukom rah bol bad ban head ia ka bol, ki rukom ki bym ju kham iohi koit hangne. La ong ba u la pyni (hapdeng ka jingialeh) kumno ba lah ban rah ia ka bol ha khlieh bad mareh artad 5 ne 6 jam. U Curtis u la long ruh uba la ai jinghikai (Coach) ia ka Olympic Team kaba nyngkong eh jong ka India ha England (Bilat) ha ka snem 1941.

Ngim lah ban klet ban pynpaw hangne ia ka kyrteng u Capt Hallway na Bilat uba la long u referee ha kitei ki jingialehkai Exhibition phutbol. Une u la long u referee uba pawnam bha ha Bilat.

Ha ka snem kaba bud ka Services XI ka la wan ban ialeh kai ha Shillong. Ka la pyndem ia ka Military bad ia ka R. A. F. Combined 5—0, Kaba sngewtynnad ka long ba 2 ngut ki player Khasi ba thit bha ha kata ka por—U Bah Rctebelt

Phanwar bad u Goalie—u Bah Hardinge Ladia jong ka Nongthymmai Sports Club, ki la ioh mih na kane ka Combined Military R. A. F. XI. U Bah Rosebelt u ia leh na ka position left-inside. U long uwei na ki players ba khlain bah ban kynjat bol (powerful shots). Lait noh noh na u Bah Rosebelt, ka Shillong phutbol ka la lah ban iohi sawngut ki player kiba khlain tam ban kynjat bol. Kita ki long u Binode Das bad u Capt Martin (A. D. C. jong u Governor) jong ka Shillong Town Club, U Chaturbhuj Rai jong ka 1st/7th Gorkha Rifles bad u Bah Youmas jong ka Survey. U Bah Hardinge u la ioh jied ruh na ka Assam XI ha Exhibition Match kaba ka ia leh bad ka Indian Olympic Team ha ka snem 1948, kaba la ialeh kai ha Polo Ground.

Ka Nongthymmai Sports Club ka long kawei na ki club ba khlain bha ha ka phutbol ha kitei ki snem. Ka la ioh rah teng ia ki Cup bad Shield na Polo Ground. Ki players ba pawkhmat eh jong ka ki long kine:—

Hardinge Ladia, Rosebelt Phanwar, Jimmy Ramsden, Redly, Je Marbaniang, Kiang Rngad, Dewer Marbaniang, D. P. Pdah, Ioster Kharkongor, Korno Singh, Bah Bham bad la don ruh uwei u Sergeant Caulling uba na ka R. A. F. uba la ju ialeh teng na ka Nongthymmai ha ki por mynshwa.

LYNNONG 2

Ka rukom kynjat ia ka Bol (Kicking the Ball)

Kaba nyngkong eh ba ki nongialehkai ki dei ban hikai ka long kumno ban kynjat ia ka bol. Ban shu kynjat lymmuha ia ka bol kam long kaba shitom hynrei u nongialehkai u dei ban da hikai ha kano ka rukom ba dei ban kynjat khnang ba ka bol kan her hangta haba mut, da kaba kynjat ba kan par na madan ne her na jrong ne ba kan da pyrkhun (swerve) ha suin. Don bun ki rukom wat tang ban kynjat ia ka bol. Kaba nyngkong eh ia u nongialehkai ka long ba u dei ban long uba khlain ban kynjat beit la ka bol, kata da kata ka

bynta ba shalor jong ka juti-boot hamar ba teh sai boot. U dei ban long uba khlain ban kynjat tyngeh la kumno kumno ruh narum jong ka Sentar beit ha kol. Lada um long uba khlain ban kynjat bol kan long kaba shitom ban ioh thep kol, namar bunsien ka jaka kaba kham kylluid kan long najan ka 'Penalty Box'. Ban thep kol kam mut ba tang ki 'forward' kiba ioh lad hynrei ha ka phutbol mynta wat ki defence ruh, ki ioh ia ka lad. Ki 'forward' khamtam, kiba nang bad ba khlain ban kynjat bol kim da donkam eh ban da ap haduh ban da poi ha khmut kol.

Ka long kaba donkam shibun ban kynjat ia ka bol haba 'pass' sha u paralok khlem bakla. Ki nongialehkai kiba tbit ki lah ban shlm bad ban kynjat ia ka bol ha ka rukom kaba itynnad. Namarkata ban kynjat ia ka bol lada ha kol ne ban pass ha u paralok donkam ban da hikai (practice) bha ialade khnang ba yn lah ban kynjat ha kano kano ka dur (position) ba ka bol ka wan.

Ki don bun ki rukom ban kynjat ia ka bol. Kawei ka rukom kynjat ka long kata kaba ki khot ka 'Low-drive'. Kane ka long ka rukom kynjat kaba phi kynjat beit da ka lymphen, kata hamar ka jaka ba teh saijuti. Ka kjat ka dei ban pyrkhun ha kata ka dur ba ka shympriah kjat ka thew sha khyndew. Ban pyrshang ia kane buh ia ka bol ha madan, peit ba ka kjat kadiang phin ieng ha syndah kadiang johg ka bol, rah ia ka kjat kamon bad kynjat tyngeh. Nangta pat phi lah ban pyntyllun ia ka bol shakhamat sa mareh ban kynjat ha ka juh ka dur. Ym tang katta pyrshang ruh ban kynjat sha u paralok bad u paralok pat un pynwan hi pyrshah ia ka bol sha phi mareh ban kynjat ia ka ha kajuha ka rukom. Haba kynjat kumne ka bol ka her stet na madan-madan kum u khnam. U nongialehkai uba tbit bha ban pyndonkam ia kane ka rukom kynjat, u kham suk ban hikai ialade ia kiwei pat ki rukom kynjat bol. Lah ban pyndonkam ia kane kum haba (a) Kynjat-Out (b) Kynjat Penalty (c) Free kick bad haba pass khamtam haba u paralok u don kham jngai. Ia kane ka rukom kynjat ki pyndonkam ruh haba kynjat ha kol.

Kawei pat ka rukom kynjat ka long kaba ki khot ka 'low-volley'. Teng teng ka bol ka wan hap sha phi bad ha ka khyllipmat shuwa ba kan kynduh ha khyndew phi kynjat tyngeh ia ka. Ia kane ruh phi balance ia ka met, lit bad kjat

kumba phi kynjat ia ka low-drive. Ka bol ka stet bad ka her napoh. Ia kane phi iohlad bunsien haba u paralok u pass sha phi da kaba shu head lane haba ka liang jong phi ka kynjat korner lane haba u opponent u kum head ha phi lane haba u wing jong phi u centre ia ka bol.

Kawei pat ka rukom kynjat bol ki khot ka 'half-volley'. Ia kane bunsien phi kynjat ha ka khyllipmat ba ka bol ka kynduh ha khyndew.

Sa kawei pat ka rukom kynjat ki khot ka 'back-volley'. Kane ka rukom ki kynjat bunsien haba pyrshang ban thep ha kol. Haba u player u phai dien ia ka kol bad haba ka bol ka wan hap hamar khmat ka shadem jong u, u kynting lyndang ialade bad u khun ia ka bol da ka lymphen sha kol. Kane ka rukom ka long ba bunsien ym don ba poi pyrkhatei ei ruh.

Ki don shuh shuh ki rukom kynjat bol ba ki khot 'Swerving, chip, flick bad push'. Kine bunsien ki kham pyndonkam haba pass ia ka bol bad teng teng ha haba thep kol.

LYNNONG 3

Kaba stop ne kem ia ka bol (Trapping)

U nongialehkai uba tbit u dei ban long uba nangbha ban stop ne kem ia ka bol ha kano kano ka rukom ba ka bol ka wan ha u. Ia kane ka rukom ki khot ka 'trapping'. Uno uno u nongialehkai u bym nang ban trap ia ka bol, da lei lei ruh un ym lah ban control ia ka. Bad haba ym don bol-control lehnohei kum ia uta ban mih ialehkai.

Don katto katne ki rukom ban trap ia ka bol, bad kita ki long :-

Kaba trap ia ka bol da ka khmut juti, kaba trap da kaba pyndonkam da ka lbong, da ka shadem bad da ka khlieh (shalang mat).

Ia kaba nyngkong lah ban kem, khnang ban wanlam ia ka bol hapoh ka mon (control) jong phi, haba ka bol ka wan hap najrong, phi rah ia ka kjat jong phi ban shim ia ka bad

hamar ka khyllipmat ba ka bol ka tyngkhuh bad ka khmut juti pynjem ban tan ia ka bol sha tbian.

Kaba ar pat ki pyndonkam da ka lbong haba ka bol ka hap beit na suin hamar ka lbong hi. Ia kane ki pyndonkam tang haba u opponent u don shadien, sha pynkiang lane la kumno kumno ruh kumba san jam pyrshah. Lada u don hapoh jong kane ka san jam bad phi trap ia ka bol da ka lbong, lah ban poi sha ka jingmysaw.

Lada ka bol ka wan poi pat hamar ka shadem, phi lah ban pyndonkam da ka. Peit ba ka bol kan shu dei salit na shadem da kaba pynkhun ia ka met. Lada phim pyrkhun ia ka met sha khmat hynrei phi ieng beit da kaba pyneh ia ka shadem, ka bol ka dei eh pduk bad uba tlot hadien u lah ban shitom.

Haba ka bol ka wan na ka khlich, ki pyndonkam da ka shalangmat, da kaba kynthih bad pyrkhun ia ka ryndang ha kata ka dur ba ka bol ka hap najrong, ka dei salit ia ka shalangmat bad ka hap de ha tbian. Ia kane lah ban leh da kaba practice tista.

Kaba khadduh bad kaba suk tam ka long ban trap bad control ia ka bol haba ka wan ha kjat ka long ban pyndonkam da ka 'pohjat' (inside of the shoe).

LYNNONG 4

Kaba Pynshad (Dribbling)

Dribbling ka mut ban rah hi dalade ia ka bol ha kata ka dur ba u opponent u shah pynshad bad u nongrah u lait lyngba jong u (opponent). U nongialehkai u dribble khnang ba un ioh ka lad kaba khambha ban pass ia ka bol lane ban thep ha kol. U nongialehkai um banse ban dribble haba um donlad ban pass ia ka bol shano shano ruh hynrei uba dribble wat haba u iohi ba u paralok u don ha ka position kaba lait u dei uba bieit, bad u dei ban pynduh ia kane. Lada phi iohi ba u paralok jong phi u don shadien u opponent ha ka jaka kaba lait; ha ka jaka ba phin dribble lyngba ia u, phi lah ban

shu pass ia ka bol naler ka khlieh jong u ha uta u paralok. Kane kan kham kloi bad kan long hi kumba phi la dribble ia u.

Ki don ki nongialekai kiba na lade hi ki long kiba tbit bha ban dribble (born dribbler).

Ban long u nongialehkai uba tbit bha ban dribble, donkam ban long shuwa uba tbit ban—

- (1) control ia ka bol (ball-control),
- (2) mareh pyrkhun artad ia ka met (swerving),
- (3) rah stet ia ka bol da kaba shu kiar ia u opponen (dodging).
- (4) thok ia u opponent da kaba khieh tang da ka met (feinting).

Dribbling kam mut ban shu pashat ia ka bol shakhmat bad sa mareh hynrei ka mut ba ka bol ka dei ban don barobor hajan eh jong ka kjat, khnang ba u opponen u shitom ban khlong ia ka bad phin lah ban pynshad ia ka bol katba mon. Naler kitei ki jingdonkam haneng, u nongialehkai u donkam ruh ban nang ban pyndonkam baroh ar ki kjat. Ha ka jingshisha u nongialehkai ban long uba tbit ban ialehkai phutbol u donkam ban long uba tbit ban kynjat, ban trap, ban control bol bad ban dribble ia ka bol da ka kjat kamon bad ka kjat kadiang kumjuh. Ki defence, khamtam ki full back kim bit ban dribble ha kol area la jong, wat la ki long kiba tbit bha ban dribbling, hynrei ki dei ban 'clear' (pass) ia ka bol shaid-shaid.

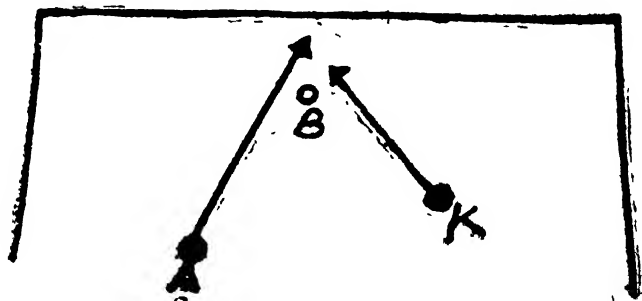
LYNNONG 5

Kaba ai ia ka bol (Passing)

Ka phutbol ka long ka jingialehkai kaba donkam khadwei ngut shiliang shiliang. Kine ki khadwei ngut ki dei ban don ka jingiasngewthuh jingmut lang. Ka jingiasngewthuh jingmut ka mut ba uwei u pyrshang ban pass ia ka bol sha uwei pat bad kumta ka pur ter-ter. Ha kata ka dur ka jingialehkai ka stet, ka itynnad bad ka pyni ia ka jingtbit jong ka team hi baroh kawei. Ha ka team hi baroh kawei ka don ka jingiapass kaba biang, ki nongialehkai ki kham lait na ka jingthait bad ki sah ka bor (stamina) ban ialeh tynggeh haduh kaba kut.

Shisien ba u nongialehkai u la nang kumno ban control bad ban dribble ia ka bol, kaba donkam pat mynta ka long ban nang ban pass ia ka bol ha ka rukom kaba dei. U la lah ruh mynta ban pyndonkam ia kito ki rukom kynjat bol (shooting or kicking) kiba u la pyrshang ban hikai. Haba pass ia ka bol dei ban kynmaw barobor ba ym dei ka rukom ban pass beit ha u paralok. Kata ym dei ban ai beit ha ki kjat jong u, dei ban pass la kumno kumno ruh ym duna ia ka arjam shakhmat jong u ha ka jaka ba un shu mareh beit bad shim da kaba suk ia ka bol. Da kaba leh kumta u paralok ruh u suk ban shim, ban pyndonkam bad ban pass biang ha uno uno u paralok lane ban kynjat beit ha kol. Ka passing hi barobor ka dei ban long khlem bakla (accurate). Ban leh ia kane dei ban don ka jingiasngewthuh jingmut kaba paka. Haba u paralok u ioh ia ka, wat shu ieng peit lyngngoh hynrei mareh ha kata ka jaka kaba lait (gap) khnang ba uta u paralok un suk ban pass ia ka bol. Bunsien ngi iohi ba ki para nongialehkai kim mareh ha ki jaka kiba lait. Kane ka pynlong ia u nongrah bol ban 'dribble' haduh ba u duh noh ruh ia ka bol. Ka jingbakla namarkata kam shong ha u nong dribble hynrei ha ki paralok jong u. Sa kawei pat, phi lah ban long uba stet bha ban rah bol, uba tbit palat ban pyllait (dribble) bol hynrei lada phim nang ban pass ia ka bol ha ka rukom kaba dei (accurate passing) baroh ki jingtbit jong phi kin long lehnohei bad phim lah ban ong ba phi long u nongialehkai uba tbit. Ka passing ka dei ban long kaba stet bad u nongialehki haba u ioh ia ka bol um dei ban pynslem ha kaba bat ia ka bol hynrei u dei ban pynkloi ban pass ia ka katba ki opponent kim nat kloi ban 'form position'.

Ka 'Through Pass'—Kawei na ki rukom pass ka dei ka Through pass. Ia ka Through pass dei ban pyndonkam tang lada don ka jaka kaba laitluid shadien u opponent. Ka dei ban don ka jingiasngewthuh jingmut kaba paka hapdeng u nongpass bad u ban mareh ban leit shim ia ka bol. Peit ia ka nuksa ha kane ka dur harum:—



U 'A' u ai ka Through pass bad u 'K' u mareh stet kynsan kyndit kyndit ban leit shim ia ka bol. Ha ka World Cup kaba la long ha ka snem 1970 ha Mexico, ka Brazil ka la jop 4 kol pyishah ia ka Italy ha ka final. Ar tylli na kine ki kol ki long kiba la thep lyngba ki Through pass. U Pele, u nongialehkai phutbol uba pawnam tam ha ka pyrthei, u la thep kawei bad u Carlos Alberto kawei pat.

'Short bad Long passing—Ka Short-passing ka long ka rukom iapass hajan-hajan. Ia kane ka rukom ia pass ia ka bol lah ban pyndonkam tang haba ki nongialehkai ki ia sngewthuh jingmut bha uwei ia uwei pat bad ba kin lah ruh ban mareh bad khih stet (fast movement) shane shatai kat haba lait ka jaka (gap). Ka rukom ban ia pass ia kane ka long barobor ban pynpar ia ka bol na tbian. Haba ka madan ka rkhiang bha lah ban pyndonkam bha da ka short-passing hynrei ym haba lang um lane haba ka ktieh ka madan. Ka Long-passing pat ka mut haba pass da kaba kynjat kham jngai ia ka bol. Ka Long-passing bunsien ki pyndonkam haba pass ia ka bol na kawei sha kawei pat ka liang ne ka dong jong ka madan (cross passing). Na kine baroh a ym lah ban ong kano na ki kaba kham bha namar baroh ar hi ki don la ki jong ki jingbha bad jingduna. Ban jied na kine ar ban pyndonkam ka shong ruh shibun ha ka 'formation' ba pyndonkam. Kaba bha eh, lah ban ong, ka long ban pyndonkam baroh ar ha kajuh ka por, teng teng da ka Short bad teng teng da ka Long-passing. Khamtam haba jhieh ne sngem (wet ground) ka madan, ka Long-passing ka donkam bha, namar ba ka bol ka iaid stet bad u opponent u tang shu bakla tiak un ym ioh kynrup ia ha bol.

LYNNONG 6

Heading

Kaba head ia ka bol ka long kawei na ki bynta ba donkam bha ha ka jingialehkai phutbol. U nongialehkai uba tbit u lah ban head jngai bad thik kan poi ha ka jaka u paralok. Bun na ki kol kiba la thep ha kine ki por ki dei kiba rung ha kol da kaba shu head lyngba ki bol ba la shu sentar (centre) ha kol area. Heading ka mut ban pakhuu ia ka bol da ka shalangmat. Uwei pa uwei u nongialehkai u dei ban nang ban head ia ka bol, la ha kano kano ka position, lait noh tang u Goalkeeper. Lada ki nongialehkai ki dunu bad kim hikai iade ha kane ka liang, baroh ki jingioh kynjat korner kin shu long lehnohei bad lada ki wing ki sentar

ia ka bol na jrong ruh baroh kan shu sep ei. U nongialehkai uba khamjrong ka rynieng u kham ioh ban head haba ia knieh head hynrei lada uba lyngkot u sting bad hikai ban kynthih sha jrong u ruh un ym duna ha kaba ia knieh head. Hangne ha ri Khasi jong ngi mynta hi ngi dang duna shibun eh ha ha heading. Ka daw ka long ba ym don jingpyrshang ei ei na lade hi ha kane ka liang. La jan barohna ki 'Corner Kick' ha madan Polo, wat hapdeng ki I Division team ruh ki long kiba shu lehnohei. Ia ka heading, ha ki ri sepngi, la kynthup ha man la ki practice ne training jong ki.

LYNNONG 7

Tackling (Kaba ia knieh ia ka bol)

Uwei pa uwei u nongialehkai, la u ia leh ha kano kano ka position ruh, u dei ban long uba nang kumno ban ia knieh (tackling) ia ka bol bad u opponent. Ka long kawei na ki bynta ba kongsan tam ha ka jingialehkai phutbol.

Ka rukom tackling ka don arjait. Kaba nyngkong ka long ban ia knieh ha kata ka dur ban ioh knieh (gain possession) ia ka bol na u opponent. Kaba ar pat ka long ban kynrup ia ka bol ha kata ka dur ba u opponent un duh ia ka bol bad ba uta uba kynrup ruh un ym ioh ia ka. (to dispossess an opponent). Ha ka rukom kaba nyngkong dei ban peit bniah haba phi tun ban ia knieh, ha karo ma ka khyllipmat ba u opponent u bakla control ia ka bol (out of control), dei hamar kata ka khyllipmat ban tur ne kynrup stet ia ka bol. Ban leh ia kane donkam ban long uba shalak, uba stedi (steady), uba stet, uba nang bad khlain ban ia ngiat da ka tyrpeng (side-pushing), bad uba kloi ban kynrup ia ka bol. Ki Bak (backs) khamtam ki dei ban nang bha ia kane. Ha ki por mynshwa ki phulbak (full backs) tang ba ki long kiba jrong, ba heh radbah, kiba khlain, kiba itieng ban peit, wat la ki suki ban phai, ban mareh bad ban kynthih ruh ki khein ba ym lei lei. Hynrei ha ka phutbol mynta, dei ban kynmaw ba ym donkam shuh ia kum kine. Ka daw ka long namar ba ka jingialehkai ka la stet haduh katta katta ba kum kita ki nongialehkai kin ym lah shuh ban ia leh. Ki Phulbak mynta ki dei ban long, nalar kiwei kiwei pat ki jingtbait jong ki, kiba kloi bad ba sted ban phai, ban kynthih bad ban mareh stet kynsan khamtam hapoh ka 10 ne 11 jam eiei. Namar ka jia bunsien ba haba u opponent u mareh sted ban shim ia ka bol, u phulbak

ruh u dei ban march stet kynsan ban ioh ia ka. Namar-kata, haba u opponent u wanrah ia ka bol bad ba ka bol ka don hapoh ka control jong u, ban shu tur khlem pyrkhat kam long kaba dei satia. Kynrup ia ka bol tad haduh ba phi iohi ba ka bol kam don hapoh ka control ka jong u. Lada phi iohi ba ki paralok jong phi kim don ha la ki jaka lane ban iarap ia phi, tur da kaba shu ieng ha khmat u opponent tang ban pynwit bad ban ym ai lad ia u ban pass lane ban dribble ia phi. Kaba kynran da dien suki suki ka kham iarap shibun ban ia kaba shu tur kum ka blang matlah.

Kawei pat ka rukom ia knieh bol (tackling) ka long ban kynrup ia ka bol ha kata ka dur ba u opponent un duh (dispossess) ia ka bol. Ha kane ka rukom kynrup, phi ruh phin ym ioh ia ka bol, hynrei ka jingmut ka long tang ban pynduh lad ia u opponent ban rah, ne ban pass lane ban kynjat ha kol (goal). Ia kane ka rukom ki pyndonkam eh haba tur na pyrshing u opponent da kaba kner ia ka kjat sha khmat ka bol, khnang ban khanglad ia u opponent.

Lada u phulbak u hap mareh sha u 'Out' uba rah ia ka bol na kyndong kyndong, ym dei ban ailad ia u Out ba un rung shapdeng. Mareh ryngkat ryngkat da kaba khniot ruh artad ia ka jaka (space) ba un hap rah sah na kyndong haduh ynda poi lama kynjat korer. Peit bha ba un ym stop kynsan ia ka bol bad ba ma phi pat phin palat noh shakhmat. Wat ailad ba un khyrwait ia ka bol shapdeng bad ba phin duh noh lane ba un kynjat ia ka bol shapdeng. Buu na ki kol (goal) ba shah thep ki long na ka daw ba u Out u ioh lad ban pass ia ka bol shapdeng (high centre) lane ban pass shadien (minus ball).

LYNNONG 8

Throw-in (Kawang ia ka bol da ka kti)

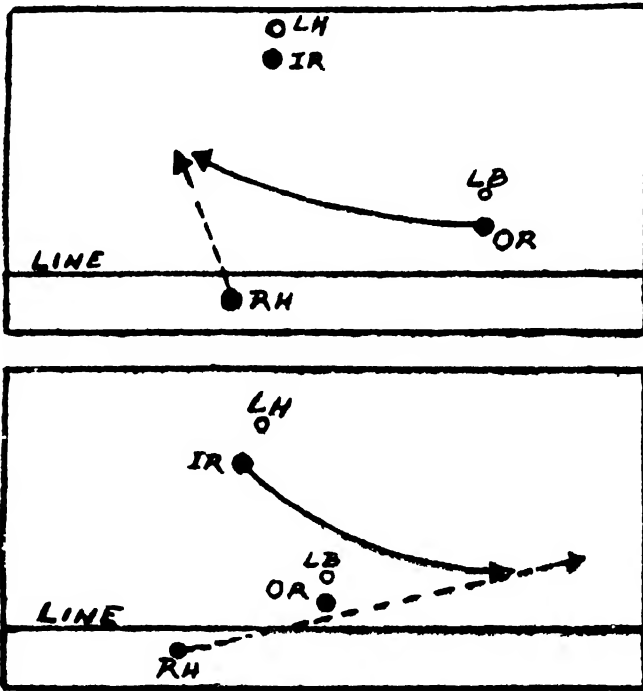
Haba ka bol ka poi shabar ki lain-pynieng (touch lines) kiba iaid na sha pynkiang ka madan, ia kata la khot ka 'throw'. Ka jingialehka ruh ka sahnggeh tad haduh ynda pynpoi biang ia ka bol shapoh madan da kaba kawang ia ka bol da kaba pyndonkam baroh artylli ki kti. Ia kane ka rukom ki khot ka 'throw-in'. Dei ban rah ia ka bol da baroh artylli ki kti shaduh lyngkdong bad sa kawang sha uno uno u paralok. Ki kjat baroh ar dei ban ieng shabar u lain bad ym bit ruh ban rah na madan wat tang kawei ruh ka kjat ha ka por ba kawang ia ka bol.

Bunsien uba throw ia ka bol u dei u half-back hynrei uno uno ruh u nongialehkai u lah ban throw ia ka bol. Ha ka jingshisha haba iohi ia ka kabu, kata haba ki opponent kim pat don ha ki position jong ki, uno uno ruh u nongialehkai uba jan eh sha ka bol, u dei ban shim ia ka bol ban throw kloi kloi ha u paralok. Ban leh ia kane lah ban throw ruh wat haba phi don ar ne lai jam na shabar u lain.

Bunsien ngi shem ba ha kiba bun na ki jingialehkai phutbol jong ngi, ki throw-in ki shu long tang ka nam ba la thro.v namar haba throw bun ba shu ioh ei u opponent. Ka daw ka long ba ym ju don kano kano ka jingialehkai para nongialehkai kumno ban ia-ieng haba ioh ban throw khnang ba u paralok un ioh ban rah ia ka bol. To ngin ia peit ia kane khyndiat. Ka 'throw-in' ka don arjait—ka 'Short-throw' bad ka 'Long-throw', kata kaba shu kawang tang hajan bad kaba kawang jngai katba lah. Haba kawang ia ka short-throw u nongkawang u ieng kumno kumno ruh ka bit hi, la u ieng pyndait ne pyniar ki kjat ne u ieng kawei ka kjat ha khmat kawei pat, tang bym bit ban khyrwait ia ka syngkai sha kamon ne sha kadiang ha ka por ba kawang (throw); hynrei ia ka Long-throw pat barobor dei ban da mareh khyndiat shuwa ban kawang bad sa kawang da kaba ieng kawei ka kjat ha khmat kawei pat, tang ba ym bit rah ia kano kano ka kjat ha ka por ba kawang artad ia ka bol. Ha ka khyllipmat shuwa ban throw, dei ban tan pyrkhuu ia ka met shadien kum ka ryntieh, khnang ban ioh bor ban throw sha jngai. Ha u nongialehkai uba khlain bad tbit bha ban throw, u lah da kaba suk ban pynpoi ia ka bol shaduh pdeng madan lane haba ioh throw najan kornor, u lah ban pynpoi haduh jan kol. Namarkata, kane ka ia ryngkat hi bad kaba kynjat kornor. Ka throw haba kumta ka long kaba donkam bad ka kabu ban thep kol. Ym dei ban pynlehohei ia ka.

Kynmaw ba ym ju don 'Off-side' haba throw. Kane ka long kawei na ki jingmyntoi jong ka throw-in. Haba throw kynmaw ba ym ju dei ban throw beit ha u briew (paralok). Throw ha kano kano ka jaka kaba lait ba uta u paralok un ioh shim ia ka bol. Lada u oppoment u tip lypa haei ne ha uno ba' phin throw, ka long kaba shitom ia u paralok jong phi ban ioh rah ia kata ka bol. Namarkata, donkam ban ia hikai bad ia sngewthuh lypa para nongialehkai kum kino ki buit ban pyndonkam khnang ban thok ia u opponent. Haba ioh lad ban throw

wat ju leit tur baroh baroh shajan u nongthrow ban pynkhap-
ngiah jaka, ieng ha kata ka rukom ba la kumno kumno ruh kan
lait ka jaka khnang ba u nongthrow un ioh lad ban throw
hangta. Ka throw kam mut ba u nongthrow u dei ban throw
barobor tang sha khmat sha ki forward lane sha khmat u Out ba
un shu mareh beit. Kine baroh kim myntoi lada u opponent
u la tip lypa. Lada u 'full-back' u laitluid, throw ha khmat
jong u ruh kam pher. Kine harum ki long tang ki nuksa ban
pyni ia ka Short bad ka Long-throw.



Ha ka dur kaba nongkong u Right Half u kawang ia ka
bol ha ka jaka kaba lait, u Right Out uba la leh mynleh ma-
reh sha khmat, hynrei ha ka khyllipmat ba u Half u throw, u
phai kynsan ban leit shim ia ka bol, u Left Back u shah thok.

Ha ka dur kaba ar pat u Inside right u mareh kynsan ban
leit shim ia ka bol kaba u Right Half u throw nalar khlieh u
Right Out bad u Left Back. U Left Back uba ap thik ia u Right
Out u la pynkhreh lypa ba u RH un throw ha u Right Out;

u Left Half pat um mut dur ei ei. Kumta baroh ar ngut (LB bad LH) ki shu sah ha ka lyngngoh. La ong ba kito ki nongialehkai phutbol kiba da ioh da ka tulop (Professional footballers), 90 sien na ka 100 sien ki ioh ban rah ia ka bol kaba shu throw. Nangne ngi sngewthuh ba ki khein kordor bad ki practice bha ban throw ia ka bol. Khnang ban ia sngewthuh kumno bad liangno ban throw, donkam ban ia ai dak (signs) para nongialehkai shuwa ban throw. Ka lah ban long lyngba ki kti ne khlich ne wat da kaba shu pynkhih niuhmat ruh, lane kumno kumno tangba u opponent um dei ban iohi ne ban tip.

LYNNONG 9

Corner kick (kaba kynjat korner)

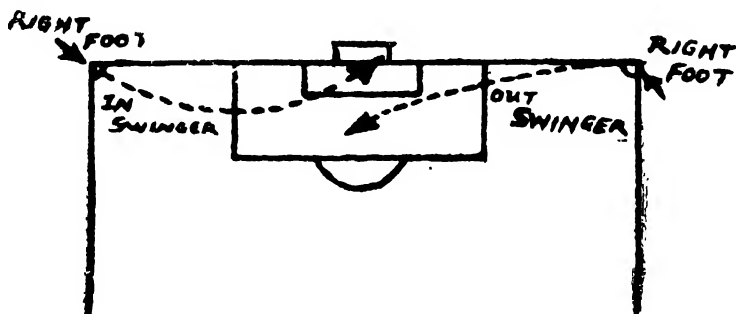
Kaba kynjat korner ruh ka long kaba donkam bha ban hikai thikna bha (specialise) namar ha ki team kiba tbit bha kum sha ki ri sepngi ; bun ki kol kiba ki ioh thep ki long lyngba kaba shu kynjat korner. Ha ki jingialehkai phutbol jong ngi pat jan baroh ki jingkynjat korner ki long kiba shu lehnohei. Kane ka pyni ba ym ju don ba pyrshang ban practice kynjat korner.

Don arjait ki rukom kynjat korner. Kawei ka long kaba u nongkynjat u kynjat ha kata ka rukom ba ka bol kan rung beit ha kol dalade. Ia kane ka rukom, lada ioh korner na ka liang kamon, u nongkynjat u kynjat ia ka bol da ka kjat kadiang ha kata ka dur ba ka bol ka her pyrkhun ban rung beit ha kol. Ia kane ka rukom ki khot ka 'IN SWINGER'. Bad haba kynjat korner pat na liang kadiang dei ban pyndonkam ban kynjat da ka kjat kamon.

Ban pyrshang ia kane, lah ban ailad haba practice, ia uwei pa uwei u nongialehkai jong ka team ban kynjat bunsien haduh ban da ioh uwei ne ar uba i tbit ban hikai tikna (specialise) ia u. Uno uno u nongialehkai uba ha kano kano ka position ruh, lait noh tang u goalkeeper, u lah ban shim ban kynjat korner. Kynmaw ba ym dei tang u Out uba dei ban kynjat korner.

Kawei pat ka rukom kynjat korner ka long ban kynjat ha kata ka rukom ba ka bol kan her kumba 10 ne 11 phut ei ei ha khmat ka kol. Ia kane u nongkynjat u thew ba ka bol

kan hap ha uno uno u nongialehkai jong u ba un ioh head ia ka'bol ha kol. Ym bit ban kynjat hajan u kol hynrei kham jngai na u. Ia kane ka rukom kynjat ki khot ka 'OUT SWINGER'.



Lada u nongkynjat korner u iohi ba u Half back u lait marwei, namar baroh ki defence jong ki opponent ki ieng lut hajan kol, dei ban pass da kaba shu pyntyllun ia ka bol beit ha khmat jong u Half uba shu march ban kynjat beit ha kol.

Ki defence line, khamtam ki Backs bunsien ki long kiba jrong bad lada ki Forward la jong pat ki long kiba lyngkot, lada ia kynthih ia ka bol kaba wan na jrong bunsien hi un ioh uba jrong. Namarkata, dei ban pyrkhat da kano ka rukom ban pyndonkam.

LYNNONG 10

Team Work (Kaba ialehkai kum ka Team)

Ka phutbol ka long ka jingialehkai kaba ialeh khadwei khadwei ngut shiliang shiliang. I ada baroh arphewar ngut ki long kiba tbit bha hynrei kiba ialeh marwei marwei (individual game) ka jingialehkai kan ym itynnad bad yn ym don ruh ba lah ban thep kol. Hynrei lada kwah ba ka jingialehkai kan itynnad, donkam ka jingiasngewthuh jingmut lang kum ka team hi baroh kawei da kaba ia pass ia ka bol ha ka rukom kaba dei, da kaba ia trei shitom lang baroh bad da kaba iarap uwei ia uwei pat. Ia kane ki khot ka team work. Ban ia trei lang ka mut ba haba iohi ia u paralok ba u ioh ia ka bol dei ban leit march ha ka jaka kaba lait ba un suk ban pass ia ka bol, ym ban shu ieng peitkai lyngngoh hajuh. Lada jia ba u 'Out' u rah ia ka bol bad ba um don lad satia ban rah shapdeng ne ban pass sha khmat ia ka bol, u half ne u Inside u dei ban leit march hajan khnang ban ioh iarap ia u, lane ba u Out un ioh pass ia ka bol shadien (back pass). Haba u Half ki opponent u wanrah ia ka bol shapdeng madan bad lada u Inside um march ban tur

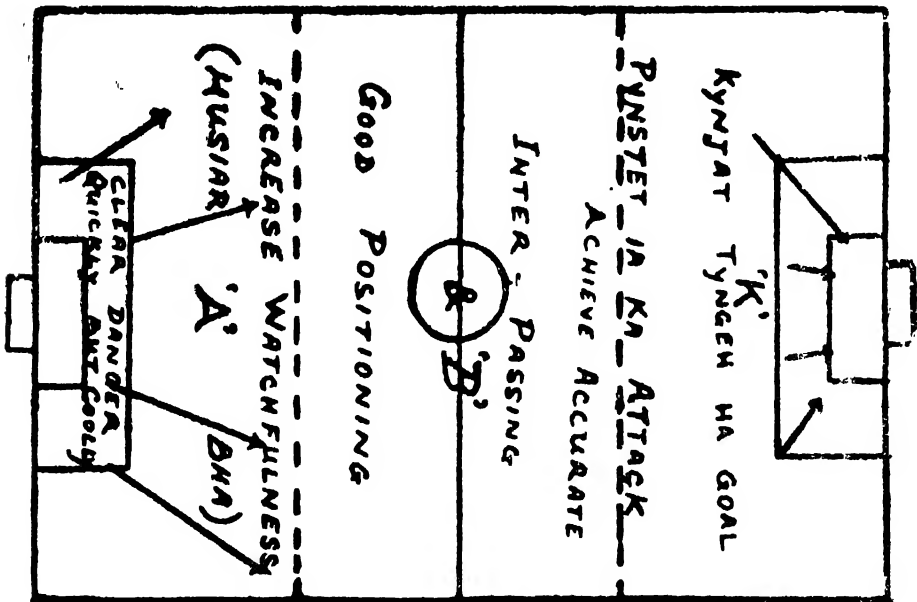
(tackle) ia u, u pynshitom jingmut shibun eh ia u half la jong bad lada u Half ruh u leh kumjuh um tur satia, u ieh la ka ieh u pynshitom jingmut ia u back. Kane kam don ka jingiasngew, tuh jingmut ban ia trei lang bad namarkata kam don ka Team Work.

Ka rukom ha kaba ka team hi baroh kawei ka tur sha khmat (attack) lane ka ran shadien (defend) wat la ka pyndonkam la ki rukom rukom formation hynrei ka team hi baroh kawei ka dei ban long kaba la tehsong lang, kata ka mut ba haba tur ruh ka team baroh kawei ka tur. Kata ka mut ki defence ki kiew ne tur kham shapdeng ka madan. Ka daw ka long ban ym pyllait jaka (space) hapteng madan. Namar lada ka lait 'gap' noh ka jaka hapteng ka offence (kiba sha khmat) bad ka defence (kiba shadien) ka long kaba shitom ia kiba shadien ban iarap sha khmat bad kiba sha khmat ban iarap shadien. Namar-kata ka team hi baroh kawei ka dei ban long kaba la tehsong bha khnang ba ka forward bad ka defence ki lah ban iarap kawei ia kawei pat.

LYNNONG 11

Tactics (Ka Buit ialehkai)

Shuwa ban ia khmih hangne ia ka buit ialehkai kum ka team baroh kawei, ai ba ngin ia peit bniah (study) khyndiat ia ka madan ialehkai kat kum kane ka dur harum:—



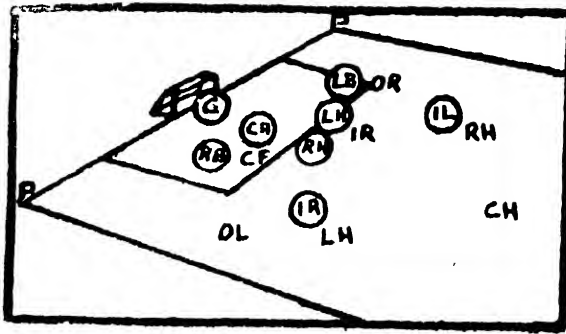
Kumba shu shim kyllum ia ka madan ialehkai phutbol lah ban bynta ha ki lai-bynta, A, B, K, ha katei ka dur. Kum ka team hi baroh kawei ha ka bynta ba la pyni da u 'A', ki defence ki dei ban husiar bha bad khamtam hapoh 'Penalty Box' kim dei ban bat ia ka bol lane ban dribble hynrei ki dei ban kynjat kloi (clear) ia ka bol, ban pass sha ka jaka ba la buh dak 'B'. Ki Back bunsien ki kynjat (clear) khnang ia ka bol syndon shabar ka madan ialehkai. Kane kam long kaba dei ne kaba itynnad. Ka pyni ia ka jingduna u nongialehkai namar u kwah tang ban lait noh ka bol na kjat. Ka pyni ruh tang kawei ba uta u nongialehkai um don buit don bor shuh. Ngim ju iohi ia ki nongialehkai kiba tbit ban leh khnang ia kane. Kynjat (clear) ia ka bol la kumno ruh sha uno uno u paralok uba lait, lada ym don eh ruh bad haba ym don lad phai dien bad back-pass sha u kol.

Kynmaw ruh ba kane ka bynta 'A' ka long ka bynta ban iada ia ka kol. Lah ban khot ia ka 'Ka Defending Quarter'. Haba ki defence ki ioh ia ka bol, ban shu ther ne bom lymmuh ia ka bol sha khmat ruh ka long kaba bakla. Lada leh kumne ki offence ne forward la jong kin hap phai khmat sha kol la jong ban shim ia ka bol bad kim iohi ia u opponent uba don shadien u leh aiu, u ieng haei, bad bunsien u ioh u opponent ia ka bol. Namarkata ki dei ban clear ia ka bol da kaba pyrshang ban pass na madan bad najrong pat teng teng haba ai da ka Long-pass khamtam haba lah ban cross ia ka bol sha u Half ne u Out. Kynmaw ba kaba tur (attack) ka sdang na ki defence. Ki defence nalar kiba bun ki jingtbit jong ki, ki dei ruh ban long kiba jai-jai (steady), ym kiba stet thurmur ne suki palat.

Ka bynta kaba ar pat kaba la buh dak 'B' ka long ka bynta ha kaba ki nongialehkai ki dei ban biang bha ka rukom. ia ieng ha ki position ne ki jaka ba lait khnang ba ki lah ban ia pass bha ia ka bol (accurate passing) bad ban ym ai ktah bol ia ki opponent. Ia ka defence ki opponent lah ban pynpra na kane ka jaka da kaba ia pass ia ka bol hangne ha kata ka dur ba ki defence kim banse ban wan tui sha khmat bad kane pat ka pynlong ia ki forward ba kin lait jaka (openings). Ki nongialehkai hangne khamtam ki Half ki dei ban long kiba tbit ban pynpra ia ka bol (distribute) shane shatai kat haba don ka kabu ban kynjat ha kol hynrei ym ban shu ia ieng hajuh shi hajuh ne tang ha kajuh ka liang. Ka long kaba myntoi shibun lada u R. H. u pass ia ka bol sha shiliang sha u L. Inside lane u L-Out namar bunsien kine ki laitluid bad u L. H. ruh u leh kumjuh ban ai da ka Long-pass sha u R. Inside ne R. Out.

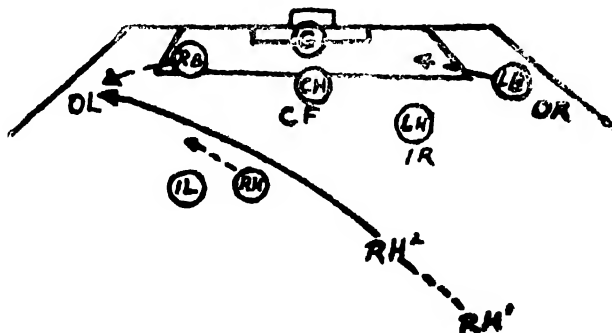
Ka bynta kaba lai pat kata ka 'K' ka long ka jaka ha kaba dei ban pynstet ia ka attack bad uno uno ruh u nongialehkai lada u ioh lad tiak u dei ban kloï ban khyrwit tyngch ia ka bol ha kol da kaba thew barobor na ka kyndong kol kaba ar (second bar).

Ia ka bol hi barobor dei ban ia pass sha baroh arliang ka madan (width of the field) ym tang ha kawei ka liang khnang ban pynpra ne pynkulmar ia ki defence. Da kane ka rukom kan kham lait ka jaka (gaps) ban mareh ne rah ne pass ia ka bol lyngba jong ki. Lada ki defence ki ia lang lang khruï ban iada ia ka kol kan long kaba shitom ban lait lyngba ban thep kol. Khmih ia kane ka dur harum ha kaba ym lah lait jaka satia ban thep kol:—



Hynrei lada ki Out ki long kiba stet bad kiba tbit bha ban kynjat ha kol, ki Back kim banse ban leit ap hajan jong ki bad kumta kan kham lait ka jaka ban attack napdeng.

Lada phi cross ia ka bol na kawei ka liang ka madan sha kawei pat, phin shem ba ki defence kin mareh bad kham pynleit jingmut shata bad ki players kiba sha kawei pat ka liang kin kham lait jaka. Ki Back kin shem shitom ban iarap uwei ia uwei pat. Peit ia kane ka dur harum:—



LYNNONG 12

Ka Formation (Ka rukom pynbeit ia ki position)

Ka jingmut kaba kongsan tam jong ka jinglehkai phutbol, ka long ym tang ba ka long ka jinglehkai sngewbha, hynrei ki nongialehkai ki pyrshang tyngch, da ka ba sei lut ki buit ki bor ban jop. Ban ioh ia ka jingjop kam long kaba suk. Ym tang ba ki players ki dei ban long kiba tbit hynrei don bun ki daw kiba wan rah ia kata ka jingjop. Kawei na kine ki daw (factors) kaba wan rah ia ka jingkhlain jong ka team ka long ka Formation.

Ka Formation ka mut kata ka rukom pynbeit ia ki position jong ki players ha madan. Uwei na ki khadwei ngut ki players u lah ban ktah ia ka bol wat da ka kti ruh bad dei namar kane ka daw ba la kham sngew dei ban buh ia u ban ap-kol. Ia kiwei pat ki shiphew ngut la shah ba kin pynbeit hi ban ieng ha kano kano ka rukom ieng position ha madan.

Ha ki snem kiba mynshwa eh jong ka jingialeh kai phutbol, ym da don kano kano ka jingpynbeit (formation) kaba thikna hynrei la shu pynbeit lymmu, kumba shu ong noh, 5 ngut shadien (lait noh u kol) ba la khot ki 'Backs' bad 5 ngut sha khmat ba la khot 'Forwards'. Hynrei lyngba ki snem la shem ba ki 'Backs' ki la bun eh namar haba khein lang bad u Kol ki long jin haduh 6 ngut. Dei ha kane ka por ba sa mih sa ka kyrteng 'Half-back', ba la shim noh 2 ngut na Back bad la buh ia ki hapdeng ki 'Backs' bad ki 'Forwards'. Ka daw ka long ba kine ki arngut ki Half-Back, ka kamram jong ki ka long ban bteng ia ka jingiasngewthuh jingmut hapdeng ki defence (backs) bad ki forward. Kane ka position ki Half Back ka neh haduh kine ki sngi wat lada pyndonkam da kano kano ka system lane formation ialehkai, lah ban khot ia ki da ki kyrteng ba pher ba pher. Don kiba khot 'Half-Back' don pat kiba khot 'Midfield players' lane lah ban khot ia ki da ki 'Linkmen'.

Ki Formation ne System ialehkai phutbol ki don bun tylli ba la pynkylla na kawei ka por sha kawei pat, khnang ban nang-pynbit pynbiang bad ban nangpynbha pynitynnad ia ka jingialehkai phutbol. Ha kaba sdang eh, ia ka jingialehkai phutbol la shu ia leh lymmu khlem don kino kino ki ain lane formation ei ei ruh. Dei ha ka snem 1885 ba ka Bilat (England) ka 'a pynmih madan ia ka 2-3-5 formation pyrshah ia ka Scotland. Ha kane ka por ki ialeh da kata kaba ki khot ka 'Attacking football' kaba mut baroh baroh kitur sha khmat ban ioh thep kol, namar ki ngeit skhem ba ka rukom ialeh phutbol (tactics) ba bha tam ka long ban khanglad ia kiwei ban thep kol dei ban tur shaphrang (The best way to defend is to attack). Kane ka formation 2-3-5 ka la neh haduh kumba 40 snem ei-ei. Ha ka snem 1925 la pynkylla noh ia ka 'offside-rule'. Mynshwa kane rule ka ong 'Uno uno u player u off-side lada duna 3 ngut ki defend liang pyrshah ha khmat jong u bad ka kol', hynrei mynta pat ia ka 3 ngut la pynkylla sha ka 2 ngut. Ka jingmih na kata ka long ba mynta lah ban thep bun tylli ki kol.

Namarkata, la pyrshang ban kham pynbha noh ia kane ka formation sha ka 'W' formation ha kaba u centre-half u dei ban long u 'attacking centre-half.' Ka Austria ka la pyndonkam ia une u Centre Half kum u 3rd Back haduh kumba 9 snem (1950-59). Ia kane ka system la tip ruh kum ka 'Three-back-system.' Hynrei la shem ba kine ki system ruh ki long kiba u player u hap bat hi thik ia la ka position bad um lah ban mareh kylluid (fluidity of movement). Ia ka Three-Back-System la ju ong ba ka long ka system ba uwei pa uwei u player u dei ban ap hi thik tang ia la u jong u briew (man to-man game). Ka system ruh ka long kaba ym lah ban pynkylla nasdang ka jingialehkai haduh ba kut (rigid formation).

Namar kane ka daw, ka jingkylla ka wan biang ha ka snem 1958, ha kaba ka Brazil ka la wan rah ia ka 4-2-4 system ia kaba ka la pynjanai sha ka 4-3-3 system pat ha ka snem 1962. Ia kane ka system 4-2-4 lah ban pynkylla khala khala da kaba suk sha ka 4-3-3 system hapdeng ka jingialehkai. Ka Brazil ka la ioh iaroh shibun eh na ki 'expert' haduh ba la khot ia kane ka system ka "Miracle weapon of the champions"—Ka atiar ba phylla jong ki nongjop.

Ha kane ka juh hi ka por don ki ri kum ka Italy kaba la pyndonkam da kawei pat ka system kiba ki ai kyrteng ka "Catenaccio" kaba mut u "Kynjri". Kane ka system ka long 1-4-3-2 lane 1-4-2-3. Kane ruh ka system ka long kaba long

defensive bad rigid katta katta. U defence player u dei ban ap, ban peit bad ban bud tang ia la u jong u briew wat lada u hap mareh baroh kawei ka madan. Haden jong ki lai ngut ki Back, don sa uwei u player uba ki khot u "Sweeper" une um donkam ban ap iano iano hynrei ka dei ka kamram jong u ban iarap lane ban khmih hangno ka jaka ba don jingma. Haba pyndonkam da kane ka formation lane system, la shem ba duna than ka jingthep lane ka jingshahthep-kol.

Ka Two Back System

Ka England ka la pynmih madan nyngkong eh ia kane ka system ha ka snem 1885 kumba la buh harum—

G. K.

R. F. B.

L. F. B.

C. H.

R. H. B.

L. H. B.

R. WING

R. IN

C. F.

L. IN

L. WING

Kat kum kane ka system ki wing ki mareh na kyndong kyn dong ne na lain na lain bad ki ieng ruh barobor na ka lama pdeng sha khmat lada ki ioh ne kim ioh bol. Don ar ngut ki inside forward, uwei sha kawei kawei ka liang ban ia rap ia la ki jong ki wing. Kine ki Inside ruh ki ieng beit sha khmat. U centre forward ruh kumjuh u don beit barobor sha khmat.

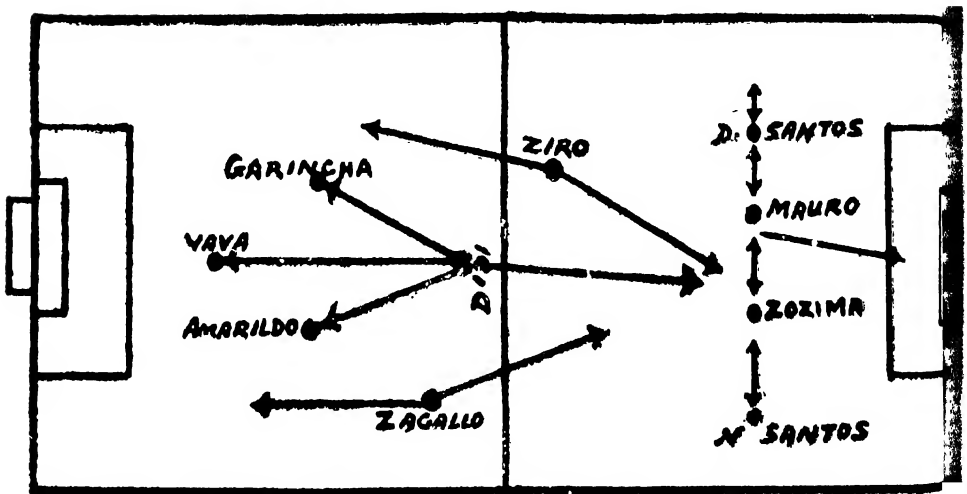
Kane ka system ki pyndonkam namar ha kane ka por ka buit ialeh kai (tactics) ka long kaba ki khot (attacking football). Katkum kane ka system u Centre Half u dei ban long uba tbit bha, ba neh bor bad uba lah ban mareh bad diang bad mon, bad dien bad khmat bad uba tbit ruh ban 'head' (pakhuu ia ka bol da ka khlieh). Lada u Centre Half um long uba tbit bad ba khlain, ka team hi baroh kawei kan ym long kaba khlain. Kat kum kane ka system ki players ki bat thik tang ia la ki jong ki position (rigid formation).

Kawei na ki jingduna ba kongsan tam jong kane ka system ka long ba ki players ki shem ba ka long kaba shitom ban mareh kloikloi na kawei ka position sha kawei pat haba ka jingialeh ka dawa bad lada leh kumta ruh ka formation hi baroh kawei ka pait ka pra noh bad kulmar ka team baroh kawei. Teng teng haba ki team ki dei ban leit ialehkai shabar shnong, ki sngew donkam ban kham pynkhlain ia ka defence namar haba ia kynduh bad ka team kaba na kata ka shnong, ki players jong kata ka team shnong ki ioh mynsiem shibun eh wat tang na ka jingpynshlur, jingkynhui, jingpynshit u paidbah. Namarkata, ki team kiba na shabar ki sngewsyier (risky) ban ialeh da ka "Attacking football". Ha ki hi tang da kaba ia khaid (draw) ruh ka long hi kumba job. Sa kawei pat ka jingduna jong kane ka system ka long ba barobor tang ka off-side shi off-side. Ka daw ka long ba ka off-side rule ha kita ki por ka ong "Uno uno u players u off-side lada duna lai ngut ki defence pyrshah, ha khmat jong u bad ka kol." Naduh ka snem 1925, la pynkylla noh ia kane ka lai ngut ~~ha~~ ka arngut.

KA 4-2-4 SYSTEM

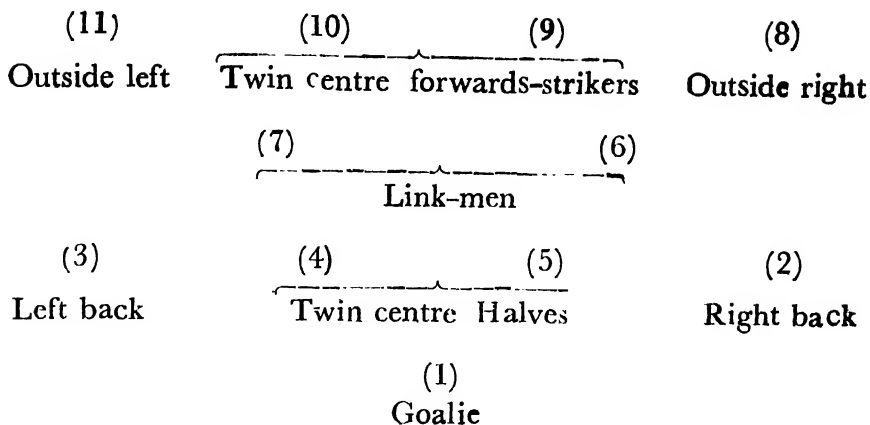
Ka Brazil kawei na ki team phutbol ba pawnam tam ha ka pyrthei, ka long haduh mynta tang ma ka ka ri kaba la jop laisien-laiwat ia ka World Cup, kata ha ka snem 1958, 1962 bad 1970. Ka la ioh rah ei syndon ia ka Jules Rimet Trophy kaba la shna da ka ksiar suda. Ka jingkhia jong ka ka long 9 lbs bad ka jrong 1 phut. Ka Brazil ka long kawei na ki ri kiba iai wad ia ki lad ki lynti, ki system ne formation, kumno ban long ka ri kaba tbit tam ha ka jingialehkai phutbol.

Ha ka snem 1954, ka la pynmih madan nyngkong eh ban pyntreikam ia ka 4-2-4 system, kaba la ai jingmut da u nonghikai ialehkai phutbol (Foot-ball coach), u D. Kurchner—uba na Hungary. Haduh ka World Cup kaba ha ka snem 1958 bad 1962, ki dang pyntreikam hi ia kane system, da kaba kylla ia ka khala khala sha ka 4-3-3 system haba ka jingialeh ka dawa. Kane ka long ka 4-2-4 system ba la pyn-donkam da ka Brazil ha ka World Cup ha Chile ha ka snem 1962, kumba ka paw haba sdang—



Kat kum ka 4-2-4 system kumba ka paw, don saw ngut ki defenders, ar ngut ki link-men lane Half-Backs bad saw ngut ki Forwards. Ki saw ngut ki Defenders lane Full Backs ki ieng ter-ter, haddeng jong ka madan, uba na shakyndong u ieng kumba 15 yds. na u lain-throw. Ia ki 2 ngut pat kiba ieng haddeng la khot ia ki ki Centre-Halves (twin-centre halves) bad lada uwei na kine ar ngut u ieng kham hadien u wei pat, lah ban khot ia u 'U Sweeper' ki saw ngut ki Forward pat kiba kloi ban march kamon kadiang, ban cover neng-neng, rum-rum khlem jingeh ei ei ruh em (Mobile and fluid) bad ki dei ban long kiba shalak bad kloi ban ia kyliang position para ma ki, khnang ban pynkulmar ia ka liang pyrshah. Arngut na ki kiba haddeng la khot Forwards lane Strikers bad arngut pat kiba sha kamon bad kadiang la khot ki Wing.

Kane ka dur harum ka pynshai ia kane :—



Dei ban kymnaw ba kane ka jingiang position ka long tang ha ka dur katba hapteng ka jingialehkai ym lah bad ym dei hi ban da bat pyrkhang ban ieng thik kumne. Ka daw ka long namar lada ki saw ngut ki Backs ki shu ieng lain sah kumne ter-ter, tang shu ai 'through pass' ki liang pyrshah, u Forward jong ki opponent u lah ban mih bluit ban leit thep kol da kaba suk. Namarkata, ki ieng ha kata ka dur, ba uwei u ieng kham ha khmat uwei pat khnang ba lada uta uba ieng hakhmat u shah pynshad ne u lait ia ka bol uta u paralok uba hadien u lah ban iarap. Teng teng pat u Back haba u ioh bol had haba u iohi ba lait jaka kylluid ha khmat jong u, u march bad rah artad ia ka bol khambha. Tangba haba jia kumne, uwei pat u paralok, lah ban long u Half-Back haba u laitluid u dei ban leit 'Cover' ia ka jaka uta u Full-Back.

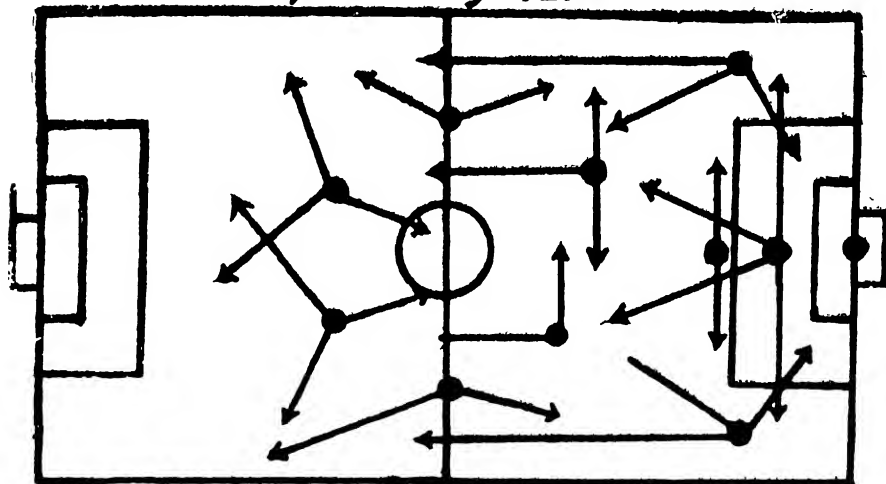
Ha kajuha ka rukom, uwei na ki Half-Back u leit thep kol lane u leit ban iarap ia ki Forward. Teng teng u shim ruh ia ka position u Out. Hynrei kaba kongsan tam ban kynmaw ka long ba barobor haba uwei u paralok u mareh sha ka position ne ka liang, jong uwei pat, u nongialehkai uba jan eh lane u bym sngewdei ba un ioh bol ei ei, u dei ban leit pyndap ia ka position uta uba rah bol ne uba la ieh ia ka position ban mareh sha khmat.

Sa kawei pat, lada jia ba u Half-Back, u mareh shakmat, uwei na ki Full-Back u hiar ban pyndap ia ka jaka jong u lane lada u Half u leit mareh sha dien ban iada ia ka kol, uwei na

ki Forward pat u kiew ha ka jaka jong u. Ha ka snem 1962, hapteng ka jingialeh, U Zagallo jong ka Brazil, uba ialeh kum u left-out, u la wan iarap bunsien ia ki Mid-Field players (Half-Back) u Zito bad U Didi, katba U Amarildo—uwei na ki Centre-forwards, u phet noh hapteng ban leit ialeh kham na sha kyndong. (Peit ia ka Dur). Kumta ka 4-2-4 system ka kylla noh sha ka 4-3-3 system.

Kane ka dur harum ka pynshai ba ka 4-2-4 system, kam long kum kiwei ki system kiba mynshwa—ba ki nongialehkai ki hap bat thik tang ia la ki position (rigid). Hynrei ki lah ban kylla jaka khah khah khlem jingshitom ne jingjutor eici. Ki lah ban march da kaba suk sha kamon kadiang, shadien sha khmat katba i donkam (flexible system).

4-2-4 SYSTEM



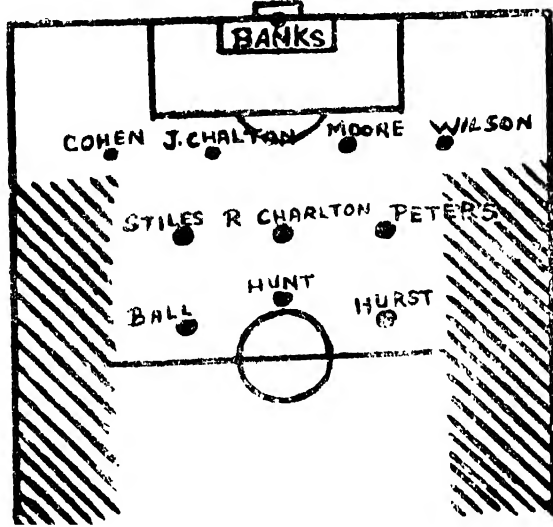
BARON YM DON JINGSHONG-THAIT

KA 4-3-3 SYSTEM

Kumba ngi la iohi haneng ia ka 4-3-3 system ruh dei ka Brazil kaba la sdang nyngkong eh ha ka snem 1958 bad 1962. Ha ka snem 1962 ka la pyndonkam lang da ka 4-2-4 bad 4-3-3 system. Ha kajuha ka jingialehkai, ka la pynkylla teng teng 4-2-4 bad khala khala pat sha ka 4-3-3 kamba la batai haneng. Kane ruh ka long ka system kaba long 'flexible' kumta ha ki snem hynriew phew bun na ki ri ha Europe bad South America ki la pyndonkam da kane ka system. Ha ka snem 1966, ka England (Bilat) da

Ha jingialam U Alf-Ramsay (Coach) ka la pyndonkam da ka 4-3-3 system ha ka World Cup kaba la long ha Wembley Stadium ha London. Ka Bilat ka la pyndonkam da kane ka system naduh basdang ha competition haduh ba kut bad ka da rah syndon thiaw ia ka Cup. Kane ka dur harum ka pyini ia ka 4-3-3 system bad ki nongialchkai ka Bilat ha kata ka competition.

4-3-3 SYSTEM

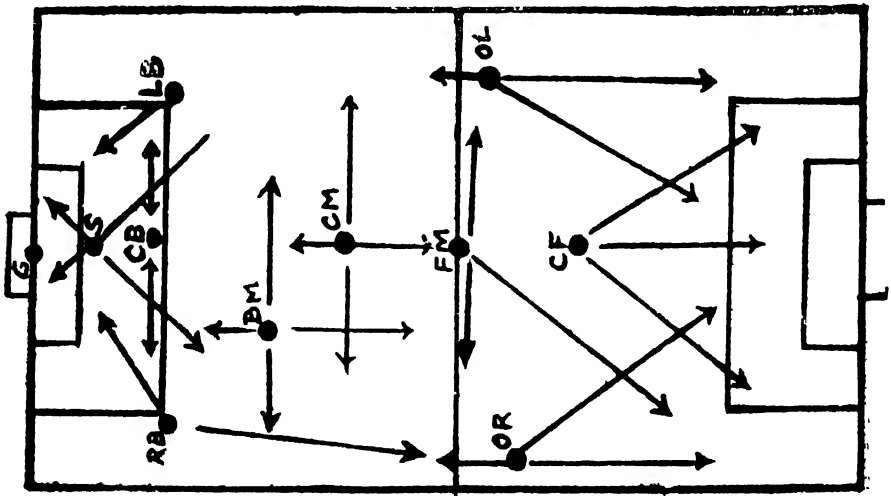


Ka Laghaad ka la jied arphew-ar ngut ki nong ialehkai ban ioh jinghikai (Coaching) na ka bynta katei ka World Cup. Napdeng kitei ki arphew-ar ngut, don lai ngut ki Out lane Wing. Ka tactics (buit ialehkai) U Ramsey ka long ban ym pyndonkam ia ki wing. Kane ka mih na ka jingbisha bniah jong u ia ki players jong ka team baroh kawai.

Ha katei ka du haneng phin iohi ba don ka jaka kaba laithuid (gap) ha baroh arliang ka madan, ba la pruid dak da ki lain pyngking. La Luhia U Cohen, U Ball, U Wilson U Peters bad U Hurst ban pyndonkam ban rai bol ha kine ki jaka ba lait. Kumta, ngi iohi ba haba jied ia ki players, dei ban da pit bniah uno uba bit ba ci bad ba u lah ne em ben iakh ia kata ka system.

Khnang ban lah ban pyndonkam ia kane ka system, donkam ba uwei pa uwei u player un den ka 'physical-fitness' (Khlain bha ka met ka phad) kaba pura bha. Ha ka jingshisha lait na u Kol, baroh shiphew ngut ki player ki

dei ban long kiba don ka ber ban thep kol (potential goal scorers). Ki Half ki dei ban long kiba lah ban leit kynjat koiner bad kumjuh ruh ki Back ki dei ban long kiba lah ban mareh stet na kyndong kyndong ne jaka ba lait luid ban shim ia ka jaka ki Wing khnang ban kham pynkhain ia ki Forward. Ka plan baroh kawei hi ka long 'elastic' kata ym ba ki players kit shu ieng jaituh ne ba ka system kan shu sah kumjuh. Haba pyndonkam da kane ka system ki players ki dei ban sngewthuh shai namarkata ba ki dei ban don ka 'stamina', la 'speed', ka jabieng-ialehkai bad ka jingtrei shi tom kum ka team hi baroh kawei. Ia kane ka system lah ruh ban buh kat kum kane ka dur harum—



G = Goalie; S = Sweeper; RB = Right Back; CB = Centre Back; LB = Left Back; BM = Back Midfield; CM = Centre Midfield; FM = Front Midfield; OR = Outside Right; CF = Centre Forward; OL = Outside Left.

Ka 4-4-2 FORMATION

Teng teng ngi ju shem ba ki nongialehkai ba tbit tam ba lah ban jied ha ka team, ki bun tang ki back lane half-Back laiba ki Forwards pat ki duna. Ka jingbakla jeng ngi bunsien ka long ban thep la ka thep ia uno uno u player tangne hangro ruh, kum ban shu ong noh, tang ban pyndap shi team la u tbit ne em ha kata ka position ruh kam pher. Ha kum kane ka khap, ngi lah ban pyndonkam ban pyrshang da ka 4-4-2 system. Ngii dei ban sngewthuh ha kaba sdang ba kane ka system ka long 'defensive' bad

shitom ban ioh thep kol. Hynrei kawei kaba donkam ba ka team ka khlain bha hapdeng (midfield supremacy), kaba ki team mynta ki pyrshang ban long.

Ban pyrshang ia kane ka system kaba kongsan tam ka long ba baroh ki players ki dei ban don ka 'physical fitness' kaba pura, namar bunsien ki Half ki dei ban leit mareh sha khmat ban ialeh forward (temporary forward). Ka jingmyntoi ba kongsan tam jong kane ka formation ka long haba phi kwah ban ia khaid (draw-game) lane haba phi ia kynduh bad ka team kaba khlain palat.

Nalor kine ki formation ba kongsan ba la iohi haneng, don bun kiwei pat ki ba ki khot ki 'Special combinations' ba la pyrshang na kawei ka por sha kawei pat. Ia kane la pyndonkam kat kum ka jingkhlain jingtlot ka liang pyishah (opponent) bad kat kum ka jingnang jingtbit ki players la jong.

Ka jingkylli kaba mih mynta ka long, da kano ka formation ne system ka team kan pyndonkam. ? Ban pyndonkam da kano kano ka system ruh kam pher tang ba da kaba pyrkhath bad pyshong nongrim bha ia kine ki mat harum kat kum ka jingdon bad jingtbit ki players la jong. Bunsien ngi pyndonkam ia kano kano ka system khlem tip ne sngewthuh ci-ci ia kata ka system. Barobor dei ban peit shwa kici ki player kiba don ban jied bad da kano ka system yn pyndonkam. Ym ju don uba phah suh shwa ia ka kud (Coat) sa pyrshang thew pat hadien. Hynrei ki ju thew shwa ia ka jingheh jingrit, sa thied jain bad phah suh.

Ki mat—

1. Kano kano ka formation kaba long flexible.
2. Ki players kiba kunno ngi don.
3. Ka team kaba kumno ngi dei ban ialeh pyrshah.
4. Ka madan kaba kumno dei ban ialeh.
5. Ka practice kaba kumno ba ki players ki la ioh.

LYNNONG 13

Ka kamram ki nongialehkai ba ki position ba iapher

U Sweeper : U dei u nongialehkai uba lait luid, uba ieng barobor hadien ki defence (full back). U Sweeper u dei ban long u nongialehkai uba tbit, uba skhem, uba shalok bad uba stet. U dei ban kloï ban iarap ia uno uno u defender haba u lait ia ka bol hynrei teng teng haba i iohlad u lah ruh ia ka bol ban leit pass sha u nongialehkai ba ialeh sha khmat. U dei, namarkata ban long u nongialehkai u ba stedi (steady) bha, Nalor kata ruh u Sweeper u dei ban peit ia linc ki kamram harum :--

- (1) U ban lun ban lang bad ban peit (organise) ia ka defence,
- (2) U ban iarap (support) ia ki nongialehkai hakmat jong u da kaba cover ia kata ka jaku (lada jia ba ki lait bol ne leit march sha khmat),
- (3) Ban ap (block) ia uno uno u opponent uba ya don ba poi pyrkhut (unmarked) uba la wan ter kumba 25 meters shajan kol.
- (4) U dei ruh ban march sha khmat ban tur (attack) haba iohlad,
- (5) Tengkhut u lah ban leit march wat haduh pen lty area ruh ban thep kol lada ioh ka kabu,
- (6) U dei ban long uba tbit ban pynioh (trap) off-side.

U Sweeper u long uba donkam bha haba ia kynduh bad ki team kiba khlain ne kham khlain ban ia ka team la jong.

Right and Left Backs and Centre Back : Kine ki peit bad ap la ki jong ki jong ki opponents. Kine ryngkat bad u Sweeper ki ia long tylli lang ban defend. Ki dei ma ki bunsien kiba sdang ia ka 'attack' bad namarkata, ki dei ban pass bha ia ka bol sha uno uno u nongialehkai la jong uba ym don ba ap bad ba poi pyrkhut ei-ei. Teng teng haba ioh lad, ki dei ban rah ia ka bol sha khmat lada na out ne napdeng ban ioh kynjat

ha kol lane ban pashat ia ka bol shapdeng (centre), lane pass bha ha uno uno u paralok ba un kynjat ha kol. Ki dei, bunsien ban kiar na kaba dribbling khauntan ha ka bynta ka madan kaba shajin kol. U defence player nalar ba u dei u defender, u dei ban long uba tbit ban attack bad uba siet ban march, ban phoi, ban ia head ia ka bol bad uba khlain ruh ban ia ngiat (side pushing).

Ki Midfield players: Kine ki nongialehkai ki dei kiba pyniasnoh ie ki Defenders bad ki Attackers. Kine ki dei ban long kiba lah ban march baroh sawdeng ka madan. Lada ka team ka pyndon'an da ka 4-2-1 ne 4-3-3 ne kano kano ka formation ki Mid-Field player ne kunda ong ma ngi, ki Half-Back, ki dei ban long kiba tbit bha. Haba ki Mid-field players ki khlain ka team ruu ka khlain bad lada ma ki ki tlot ka team baroh kawei la tlot bad ka pra. Ka daw ka long namarba ka dei ka kamram jong ki bunsien ban pass bha (accurate passing) ia ka ka kol sha uno uno Forward uba ym shim don ba ap ba un ioh led ban thep kol. Ym t'ong katta, ki dei ban don ruh ka jing-tbit (conceit) ban thep kol (score) ra neng ka penalty box. Namakata, ki dei ruh ban long kiba khlain ban kynjat bol. Kame kan iarap ruh ba kin lah ban ei ia ka long-cross pass sha ki Wing ne ki Out. U Half, u dei ban long uba proh ban pule ia ka jingialehkai (study the game). Kaba kongsan ei ka long ba u Half u dei uba naduh basdang ka jingialehkai haduh kaba laut u dei uba shu mareh lynter khlem shongthait, namar u dei ban khlain bha ka stamina. Shikhyillipmat u don sha forward haba attack ban iarap ia li bad sa shikhyillipmat pat tui u la poi sha kol ba jong ban iarap ia ki defend. U dei ban ruh uba khlain ban ie knieh bol (tackle). Kawei ka jingduna jong ka phuthol jong ngi ha kine ki sngi ka long ba ki half-back jong ki team jong ngi bunsien ki long tang ki 'defensive half back' ki bym lah ban march bad dien bad khmat. Ban thep kol ruh kaba shitom namar ban kynjat ia ka bol ruh kim khlain. Haba ym don jaka kaba lait satia ba ki Forward la jong kin tur lyngba (penetrate), ka dei ka kamram ki Half ba kin pynpait pynpra da kaba tan (draw) ia ki defence khnang ba ki Forward kin lait. Ki Half para Half barobor ki dei ban ieng uwei kham ha khmat jong uwei pat ym pyrshah khnang ba uwei un lah ban iarap ia uwei pat. Teng teng haba u Right Half u rah bol sha ka liang u Left Half, kam dei ia u Left-Half ban shu ieng peitkai, hynrei ban march ban iarap ia u paralok bad ban 'cover' ia ka jaka jong u. Kumba shu kren lyngkot shikyutien, u Half u dei ban long uba tbit ban ia knieh bol (tackle), ban dribbling, ban pass ia ka bol, ban head, ban throw, bad haba ioh kabu ban march ha ka jaka kaba lait bad haba ioh bol ban kynjat ha kol.

Ki Forwards: (Strikers)

Kine ki nongialehkai ki dei ban long kiba tbit. bha ban tur (attack) bad ka jingkut jingmut ruh kaba khlain ba ki dei ban thep kol. Ki dei ban long kiba tbit bha ha kine ki rukom harum:—

- (1) kiba tbit bha ha kaba control ia ka bol,
- (2) ban kynjat bad ban head ia ka bol ha kol,
- (3) ban tur lyngba (breaking through) bad ban dribbling.
- (4) ban long kiba tbit ban ia kylliang jaka (changing position),
- (5) ban long ruh kiba tbit ha kaba ia ai short-pass para ma ki,

Bunsien u Forward un shem ba u don tang marwei bad haba ka jia kumta u dei ban long uba lah ban rah ia ka bol lyngba katto katne ngut ki defenders lane uba lah ban bat ia ka bol haduh ba un da ioh jingiarap na ki paralok.

Haba ka team ka pyndonkam da ka 4-2-4 system, sha khmet don saw ngut ki forwards kiba kynthup ia arngut ki wing bad arngut ki 'strikers'. Kaei ka kamram ki Forward haba ialeh da kane ka system? To rgin ia peit khyndiat. Tharai, lada jia ba u Half Back ki opponent u la c'uh ia ka bol da kaba u shah pynshad (dribble) ne ba la pass lyngba ia ka bol; u wing uba ioh rah ia ka bol u don artylli ki lad ban pyndonkam. U lah ban march stet da kaba rah ia ka bol na lain na lain bad nangta u centre ia ka bol sha kol. Kawei pat u lah ban rah ia bol bad ban rung shapdeng madan ban kynjat dalade ha kol. Kine baroh ar ki lad ki don la ki jingmyntoi. Lada u rah na lain bad u centre ia ka bol bad lada don u nong head uba tbit, kata ka bol kan rung ha kol. Hynrei lada haka jaka ba un rah ia ka bol na lain, u rah ia ka shapdeng sha kol, u ioh bun tylli ki lad. Kawei ka long ba da kaba u leh kumta, un tan ne pynlong ia uwei na ki defenders ban tur ia u, kane ka pyulong ba u paralok jong une u wing un laitluid. Kaba ar ka long ba un ioh kynjat hi dalade ban thep kol. Kaba lai pat, ka long kaba ki pyndonkam bha ha kine ki sngi, bad kata ka long ba namar ba baroh ki defenders

ki la pynleit jingmut tang sha ka liang jong u bad u wing uba sha kawei pat ka liang u lait ei maiwei, namarkata lada u ai ka cross pass na jrong sha une u wing bunsien ka bol kan rung sha kol.

Ki centre forwards lane strikers kumba ia khot ia ki, ki dei ban tip ba ka kamram kaba kongsan tam jong ki, dei kaba thep kol. Haba ka team ka thep kol, ka wanrah ka jingkmien ym tang ia u nongialehkai uba thep hynrei ia ki para nongialehkai bad ia ki nongpeitkai ruh kumjuh. U nongialehkai uba iohkahu eh ban kynjat ia ka bol ha kol dei u Striker ne Centre Forward. Dei na kane ka daw ba ngin shem ba bun ki khyannah ki don ka jingangnud ban long ki centre-forwards. Namarkata, ngin ia peit khyndiat hato u Centre Forward u dei ban long uba kumno. Kaba kongsan eh ka long ba u dei ban long uba khlain bad uba beit (accurate) ban kynjat bol kat haba mut da bacoh artylli ki kjat. U dei ruh ban lah ban kynjat ia ka bol, haba ka bol ka don wat ha kano kano ka position. U dei ban long, namarkata, uba stetban phai ban dribble bad ban kynjat na kyndong ka kol. Ka ju long ka rukom jong ngi ba ngi ju mlien ban practice kynjat ha kol da kaba buh ia ka bol thik khlem khili. Kane ka long kaba bakla namar ha ka jingialehkai shi-sha phin ym ioh ka bol kaba sangeh thik ha madan. Ki Strikers kidei ban practice kynjat ia ka bol ha kol, da kaba uwei u kynting ia ka bol ha kano kano ka position. U Striker ne Centre Forward u dei ban long ruh uba tbit ban head ia ka bol ha kol. Namarkata, ka long kaba myntoi shubun lada lah ban ioh u Centre Forward uba jrong. U dei ban long ruh uba khlain ban ia knieh bol (tackle).

LYNNONG 14

Ki Ain ka Phutbol (Laws of Football)

Ki ain jong ka Phutbol ki long kiba donkam ym tang ia u Referee, Linesmen lane ki Nongpyniaid jong ka jingialehkai hynrei ki long kiba donkam khamtam ia ki nongialehkai khnang ba ka jingialehkai kan long kaba itynnad bad ba kin lah ruh ban kiar na bun ki jingbakla kiba lah ban poi sha ka jingmyn-saw (serious fouls). Kan long ruh ka jingmyntoi kaba khraw lada ki nongpeitkai phutbol (Football fans) kin don ka jingshemphang da kaba pule ia ki ain, khnang ba kan ym mih ka jingsngewthuh bakla ia ki rai u Referee bad ba yn ym mih jingkulmar ci-ci. Ki nongpeitkai ki don ka bynta kaba khraw-

ha ka jingialehkai phutbol. Kh'em don ki nongpeitkai, ka jingialehkai kan long kaba njah, ki nongialehkai ruh kin duh mynsiem hynrei ki nongpeitkai pat kim dei ban pynshut ia ki nongialehkai ban leh ia kono kano kaba pyrshah ia ka ain phutbol. Kum kaba pyrtu "iuh-iuh ia uto". Ki dei ban ailad ia u Referee ba un pyniaid ia ka jingialehkai ha ka rukon kaba dei bad ba un pynshut ia uno uno u nongialehkai aba pynkhein ain katba kum ki ain ka phutbol.

Ki don 17 tylli ki ain (Laws) jong ka phutbol, ia kiba lah ban pyabynta kumne harum: --

- (1) Ain 1 Ka madan ialehkai.
- (2) Ki Ain 2, 3, 7, 8, 9 and 16--Kiei kiei kiba ia dei bad ka jingialehkai lane kumno ban ialehkai.
- (3) Ki Ain 1 b d 12 - kiba ialehkai phang ka ji giada ia ki nongialehkai.
- (4) Ki Ain 5 and 6--Ki nongpyniaid ia ka jingialehkai.
- (5) Ki Ain 11, 13, 14, 15, 16 bad 17--Kiba i dei bad ka Off-side, Free-Kicks, Pen-ty Kick, Throw-in, Goal-kicks bad Corner-Kicks.

AIN I

Ka Madan ialehkai

Ka madan ialehkai bad ki jingdonkam hapoh jong ka, kan long kumba la pyni ha ka sla 50

(1) *Dimensions:* Ka madan ialehkai ka dei ban long rectangular (ka lynter ka kham jrong ban ia ka pyngkiang), kaba ka pynieng jong ka kam dei ban palat ia ka 130 yards lane duna ia ka 100 yards, katba ka pyngkiang pat kam dei ban palat ia ka 100 yards lane duna ia ka 50 yards. Barobor, ka jingthew jong ka pynieng ka dei ban kham jrong ban ia ka pyngkiang.

(2) (*Marking*) *Kaba pruid lain*:—Ia ka madan ialehkai dei ban ruid da ki lain kiba lah ban ithuh shai bad kiba yn ym rben palat ia ka 5 inshi ka pyngkiang. U lain uba ker ia ka lynter ka madan ha baroh arliang ki khot u 'Touch line' ha ka ktien phareng bad ha ka ktien Khasi ngi lah ban khot 'u lain-pynieng' bad uba ker ia ka pyngkiang pat u 'Goal line' (kol lain). Dei ban sieh lama ha baroh saw tylli ki kyndong madan bad sa artylli pat hamar shiteng u lain-pynieng (touch line) baroh arliang ka madan. Kine ki lama kim dei ban duna ia ka 5 phut bad ym bit ruh ban pynnep ia ka khlieh lama. Dei ban ruid uwei u lain pdeng u ban pyniakhlad ia ka madan arbynta. Dei ban buh dak hamar pdeng une u lain, sa ruid ka circle pyllun ia kata ka dak. Kane ka circle ka dei ban don 10 yards radius.

(3) (*Goal area*):—Ha baroh arliang ka madan (da pynieng) dei ban dro ki lain artylli ki ban ieng right angle na ki lain kol 6 yards na uwei ha uwei u dieng kol. Ki dei ban par 6 yards shapdeng madan, sa dro pat sa uwei u lain parallel ia u lain kol ban pyntyngkhuu na ka khlieh uwei ha uwei pat u lain. Ia kane ka area yn khot ka kol-area.

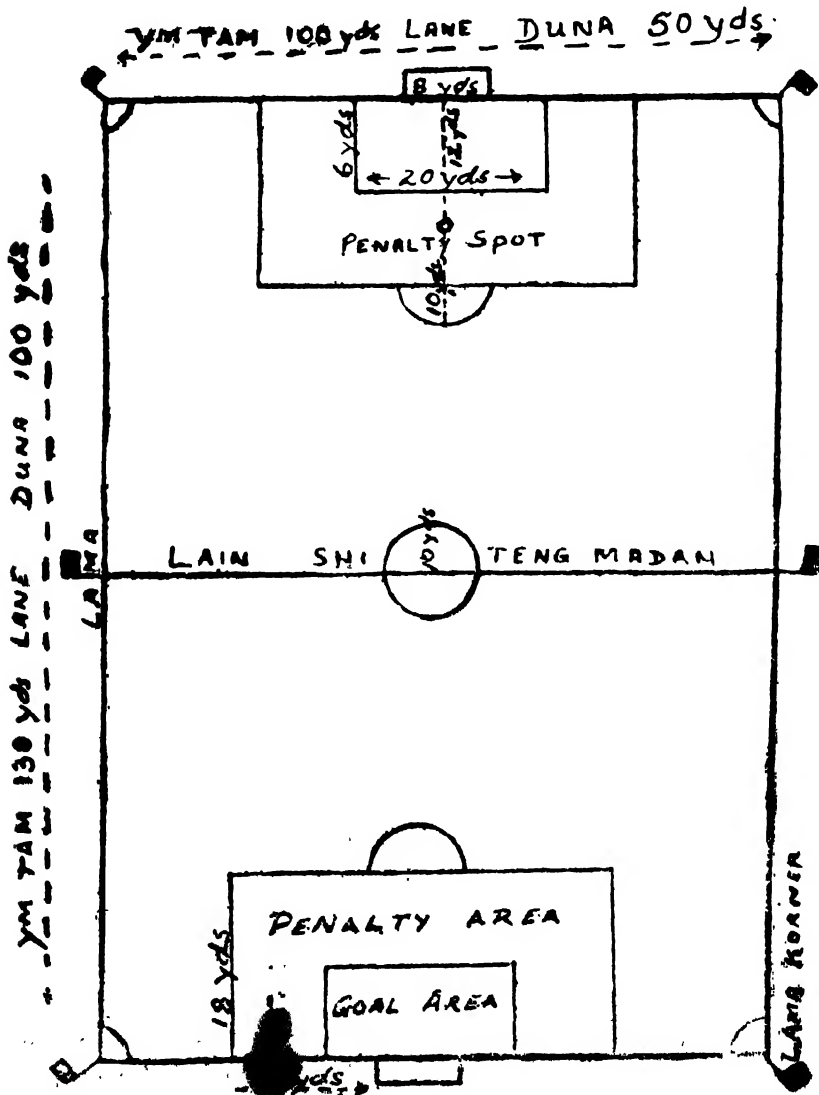
(4) *Penalty-area*:—Ha baroh arliang ka madan (da pynieng) dei ban dro artylli ki lain ki ban ieng right-angle na u kol lains 18 yards na uwei uwei u dieng kol. Kine ruh kin par beit sha madan ialehkai 18 yards bad sa dro sa uwei u lain parallel na u kol lain ban pyniatyngkhuu ia ki tduh baroh artylli. Ia kane ka area ba la kdup da kine ki lain yn khot ka Penalty area. Napdeng jong u kol lain uba don hapoh ki dieng-kol, thew, beit shapoh madan 12 yards bad sa buh dak pyllun kat ka bol ha kata ka jaka. Ia kine ki dak yn khot ki jaka kynjat penalty. Na kine ki dak kynjat Penalty dro tang ka bynta jong ka circle 10 yards radius ia ka bynta ba shabar jong ka penalty area.

(5) *Ka Corner (Korner area)*:—Na uwei pa uwei u dieng lama korner, dro ka shipawa circle kaba dei ban don 1 yard radius shapoh ka madan ialehkai.

(6) *Ka Kol*:—Ia ka kol dei ban buh hamar pdeng ki kol lain da kaba pynieng artylli ki buh kol kiba jngai mar katjuh na ki dieng lama korner bad kiba jngai ruh 8 yards

napoh-hapoh na uwei ha uwei pat u dieng kol. Na jrong jong kine ki dieng-kol pyning dei ban sah sa u dieng-kol pyngkiang (cross-bar). Napdeng une na ka bynta ba shapoh dei ban don 8 phut ka jingjong na khyndew. (Kane ka mut ba ka jingjong ka kol ka long 8 phut nador khyndew haduh hapoh u dieng-kol pyngkiang).

Ia ka jar dei ban wah na shadien u dieng kol ha kata ka dur ba u Kol un laitluid ban khih hapoh kol.



AIN 2

Ka Bol

Ka bol ka dei ban long kaba pyllun, kaba ka bynta ba shabar baroh dei ban sop da ka snieh. Ka jingpyllun (circumference) kam dei ban palat ia ka 28 inshi ne duna ia ka 27 inshi. Ka jingkhia jong ka bol haba sdang ka jingialehkai, kam dei ban palat ia ka 16 ounze ne duna ia ka 14 ounze. Ia ka bol ym bit ban kylliang ha ka por ialehkai lynda ai jingbit u Referee. Man la ka team ka dei ban wanrah la ka jong ka bol.

AIN 3

Katno ngut ki Nongialehkai

(1) Ia ka jingialehkai dei ban ialehkai da ki artylli ki team ym palat ia ka 11 ngut shiliang, uba uwei na ki u dei ban long u nongap kol (goalkeeper).

(2) Ym lah ban pynmih bujli (substitute) palat ia ka arngut hapdeng ka jingialehkai.

(3) Uno uno u nongialehkai u lah ban ia kylliang jaka (change position) bad u Kol, tangba shuwa ban leh kumta dei ban da iathuh ia u referee bad ban kylliang ruh tang haba sahngheh ka jingialehkai.

(4) Lada kwah ban kylliang noh ia u Kol ne uno uno u nongialehkai, dei ban bud ia kine ki kyndon harum:—

(a) Dei ban iathuh ia u referee shuwa ban pynmih bujli.

(b) U nongialehkai uba pynmih bujli um bit ban rung hapoh madan ialehkai katba uta u nongialehkai uba shah mih bujli um pat mih shabar bad un rung ruh shapoh madan na ka lama shiteng madan ynda u la ioh jingbit na u referee.

Ka Jingpynshitom (Punishment).—(a) Ia ka jingialehkai ym bit ban pynsahngheh noh syndon tang namar ba pynkhein ia ka kyndon kaba 3. Dei ban shu maham ia uno uno u nongialehkai uba pynkhein ia katei ka ain, hamar ba sahngheh ka jingialehkai.

(b) Lada don kano kano ka jingpynkhein ia ka ain kaba 3, dei ban ai indirect-free kick pyrshah ia ka team u nongpynkhein.

Ki Rai ka International Board.—Kine ki rai kiba baroh ki National Associations ki dei ban pynjari bad ki State bad Local Associations pat ki dei ban pynjariha la ki jong ki jong ki jaka.—

1. Ka Board ka rai ba yn ym khein ia ka jingialehkai ne yn ym lah ban pynialehkai lada ki nongialehkai ki duna ia ka 7 ngut shiliang shiliang.
2. Haba pynialehkai kompetishon, ka seng kaba pyniaid ka dei ban pan lane ki team ki dei ban ai shuwa ia ka jingialehkai, ki kyrteng jong ki nongialehkai ha la ki position bad ki kyrteng jong ki nongmih pli kat ba la buh da ka seng.
3. Haba u nongialehkai u shah beh na madan lah (may) ban ym shah ban pynmih bujli. Shisien ba u nongialehkai u shah pynmih bujli (substituted), uta u juh u nongialehkai uba la mih noh, um lah ban ia shim bynta biang ha kata ka jingialehkai.

Ka jingbthah ia ki Secretary.—Ka Phutbol Association kan kynnoh beit ia ka Club na ka bynta kano kano ka jingkulmar kaba u nongialehkai jong ka u pynmih ha madan.

AIN 4

Ki jingphong ki nongialehkai (Player's Equipment)

(1) Ki Bar jong ki Boot kim dei ban long kiba nep ne mih prek eiei ba lah ban pynmynsaw ia kiwei.

(2) Uwei pa uwei u nongialehkai u dei ban phong ka Uniform kaba iadei kajuha ia baroh kawei ka team lait noh tang u kol. U Kol u dei ban phong da ka Jersey kaba ia pher ka rong na ka team la jong bad na ka uniform ki opponent. Baroh ha ka jingshisha ki dei ban phong ki boot, muja jrong, patlun lyngkot bad ban k'ar na kaba deng baje ne sati kti.

(3) Lada u referee u shem ba u nongialehkai u phong ne deng ne pyndonkam da kano kano ka tiar kaba lah ban pynmynsaw ia kiwei pat, u dei ban phah law ne bujli shisyndon bad lada uta u nongialehkai um kohnguh satia, u referee u dei ban beh noh shisyndon ia u na madan.

AIN 5

Referees

Ha man ka jingialehkai phutbol dei ban buh u referee ban pyniaid ia ka jingialehkai. Ka bor bad ka kamram jong u ka long ban pyniaid ryntih, ban pynshitom ia uno uno u nongialehkai kat kum ki rul, ki ain ka Phutbol. Ka rai jong u hapoh madan ha ka por ba dang ialeh ka long kaba lahduh. Ki kamram jong u ki long kumne harum :—

- (a) Ban pynjari ia ki ain (laws) bad ban rai ia kano kano ka jingiapher jingmut hapdeng ki nongialehkai ha madan.
- (b) Ban kiar na kaba pynshitom ha ki khep ba u sngewthuh skhem ba da kaba leh kumta ka jingmyntoi ka leit sha ka team kaba leh bakla.
- (k) Ban buh record ia ka jingialehkai. Ban long ruh u nongbat ia ka por (time-keeper) bad ban pyniaid ia ka jingialehkai haduh ba pura ka por bad ban ai por na ka bynta ka jingduh ei ka por haba don ba mynsaw ne kiwei pat ki daw, kum kaba kynjat khnang ia ka bol shabar madan.
- (d) U don ka bor ban pynsangeh syndon ia ka jingialehkai haba don kano kano ka jingpynkhein ia ka ain (law) bad ban pynsangeh ne ban pynwai syndon noh ia ka jingialehkai kum ha kaba ki nongpeitkai ki wan tur sha madan ne ba jur eh u slap, lada u sngew ba kata ka long kaba dei ban leh. Ha kum kita ki khep, u dei pat ban ai ka report kaba pura sha ka Seng kaba pyniaid ia kata ka jingialehkai, hapoh ka por ba la buh ban leh ia kata.
- (e) Ban ym shah iano iano ruh ban rung shapoh madan ialehkai lait noh tang ki nongialehkai khadwei ngut shiliang bad ki linesmen.
- (g) Ban pynsangeh shipor ia ka jingialehkai, haba ha ka jingkhmih jong u, u nongialehkai u la mynsaw jur, tad haduh ban da rah noh ia u shabar madan ialehkai, bad bteng biang kloi kloi ia ka jingialehkai. Lada jia ba u nongialehkai um shym mynsaw jur, ka jingialehkai kam bit ban sangeh tad haduh ba ka bol kan da poi shabar u lain.

U nongialehkai shisien ba u la mih shabar u lain ban shah sumar, yn ym khein ia u kum uba dang don hapoh ka jingialeh. Haba rung pat ha madan ruh u dei ban da ioh jingbit na u referee.

(ng) Ban beh noh syndon ia uno uno u nongialehkai uba la leh ia ka 'serious fault' ha ka jingpeit jong u lane uba la pyndonkam da ka ktien sih ne ktien khlemakor hapoh madan.

(h) Ban ai 'signal' ban bteng biang ia ka jingialehkai hadien ba la sangeh shipor.

(i) Ban peit ba ka bol ialehkai ka biang katkum ka ain ka jingialehkai phutbol.

Na ka liang ki nongialehkai bad ki nongpeitkai, u referee u long uba donkam tam hapoh madan ialehkai. Ka jingityn-nad jong ka jingialehkai baroh ka shong ha u referee bad lada u kwah ban ioh ia ka jingiaroh bad ka burom na kiba bun, u dei ban long uba shemphang bha ia ki ain baroh, ban long uba shida bad bym leh shiliang khmat iano iano ruh bad uba lah ruh ban mareh shaneng sharum khamtam haba ka jingialehkai ka long kaba stet.

AIN 6

Linesmen

Dei ban don arngut ki linesman kiba da jied, kiba ka kam-ram kaba kongsan ka long ban pyni da kaba rah bad kaweh ia ka lama haba ka bol ka palat ia u lain bad kdew ruh kano ka liang kaba dei ban throw, ban kynjat out (goal kick) bad ban kynjat korer. Namar ba ki linesman ki ieng ban mareh na sha krung ka madan, ki don ha ka position kaba khambha ban ia u referee ban iohi shai ia ka off-side, ki dei ma ki kham bunsien kiba pyni ia u referee ia ka off-side da kaba rah ia ka lama, hynrei ka bor ka shong ha u referee ban ai ne yn ym ai off-side katkum ka jingsngewthuh jong u. Ki linesmen ki lah ruh ban iarap ia u referee ban pyniaid ia ka jingialehkai katba kum ki ain ka phutbol hynrei ka rai u referee ka long kaba lah duh. Ki linesman ruh ki dei ban long kiba tip bha ia ka ain ka phutbol.

AIN 7

Ka por ialehkai (Duration of the Game)

Ia ka por ialehkai dei ban pynbynta ha ki arbynta ba ia ryngkat, ka lah ban long 45 minit lane 35 minit shiliang shiliang katkum ka jingpyniaid ka Seng, da kaba khmih ruh ia kine harum :—

- (a) Dei ban ai por tam na ka bynta ka jingduh por namar ba lada don ka jingmynsaw ki nongialehkai napdeng ka jingialehkai ne namar kiwei pat ki daw bad ia kane ka por katno ban ai, ka shong ha ka jingpyrkhat u referee.
- (b) Lada jia ba kawei ka liang ka ioh penalty hamar ka por ban dei half-time ne hamar ban wai noh bad haba ia kane ka penalty ym pat dep kynjat ne ba u referee u dang pynbeit ban kynjat hynrei ka por half-time ne por wai pat ka la dei; dei ban ai por tam haduh ban da dep kynjat nangta sa lah ban ai half-time ne ban pynwai ia ka jingialehkai.

Hadien ka half-time ka por shongthait (interval) kam bit ban palat ia ka 5 minit.

AIN 8

Kaba sdang ia ka jingialehkai (Start of play)

(a) Ha kaba sdang ia ka jingialehkai, ia ka jingiajied ia ka liang ka madan had kano ka liang ka ban kynjat nyngkong ia ka bol, dei ban rai da kaba pynkynting pisa, da u referee. Ka liang kaba jop ha ka jingkynting pisa, kan ioh jied ia ka liang ka madan ne ban kynjat ia ka bol.

Haba sdang ia ka jingialehkai, ia ka bol dei ban buh thik khlem khieh ha ka jaka ba la buh dak hpdeng jong ka jylli kaba la pruid hpdeng jong ka madan. Ki nongialehkai kiba dei na ka liang ban kynjat nyngkong kin ieng hajan ka bol shaphang ka liang la jong katba kiba na ka liang pyrshah pat ki dei ban ieng sha ka liang la jong shabar jong ka jylli kaba hap sha ka liang jong ki. Uba pyndei ne kynjat nyngkong u dei ban pyndei ne kynjat ia ka bol shakhmat (kata sha ka liang ki opponent). Hadien ba la pyndei ne kynjat, uno uno u nongialehkai u lah ban shim ne kynrup tad haduh ba ka bol ka tyllun shityllum (travelled the distance of its own circumference). U nongpyndei ne kynjat nyngkong ia ka bol um bit ban shim ne ktah ar sien dalade hi ia ka bol kat bym pat shim ne ktah ne pyndei shuwa da uwei pat.

(b) Haden ka jingthep kol, ia ka jingialehkai dei ban sdang biang shaid shaid ha kajuha ka rukom tangba ka liang kaba shah thep kol ka dei ban sdang kynjat nyngkong ia ka bol.

(k) Haba sdang pat ka jingialehkai hadien ba la dep half-time, dei ban ia kyliang ia ka liang ka madan bad ia ka jingialehkai dei ban sdang pat da u nongialehkai ka liang kaba khlem iohlad ban sdang nyngkong.

Ka Jingpynshitom.—Lada jia ba pynkhein ia kane ka ain kaba 8 dei ban sdang biang (the kick-off shall be retaken), lait noh tang lada u juh u nongialehkai u pyndei ne shim ne kynrup arsien ia ka bol da lade hi katba uwei pat u nongialehkai um pat ktah ia ka. Namar kane ka daw u referee u dei ban ai da ka 'indirect free kick' ban kynjat da ka liang pyrshah, na kata ka jaka kaba la pynkhein ia kane ka ain. U nongsdang um lah ban kynjat beit (direct) ia ka bol ha kol namar ba lada jia ba kata ka bol ka rung beit ha kol khlem da dei hano hano ruh ha uwei pat u nongialehkai, kan ym dei ka kol.

(d) Lada jia ba dei ban pynsahngheh ia ka jingialehkai shipor, ban sdang biang, dei ban kynting ia ka bol da u referee hamai kata ka jaka kaba ialeh khadduh eh ia ka bol shuwa ban sahngheh. Uno uno u nongialehkai um bit ban pyndei ia ka bol kat ba kam pat hap ha khyndew. Lada don ba kum ktah, u referee u dei ban kynting biang.

Teng teng mar ia put u referee ban sdang ia ka jingialehkai (kick-off), ia ka bol ruh ym pat kynjat, ki nongialehkai ki lah da mareh lypa sha ka liang kiwei pat, u referee um bit ban shah ia kane. Dei ban sdang biang.

AIN 9

Ka Bol hapoh ne shabar ka jingialehkai (Ball in and out of play)

Ka bol kan ym hap shuh hapoh ka jingialehkai (The ball is out of play).—

(1) Haba ka la palat ia u lain kol (goal line) lane u lain uba ker ia ka madan ialehkai, lada ka her na suin ne ka par na madan.

(2) Haba ia ka jingialehkai la pynsahngoh da u referee.

Ka bol kan hap hapoh ka jingialehkai (in play) ha ka por baroh naduh badang ka jingialehkai haduh bakut. Kane ka kynthup ruh:

(a) Lada ka wan phai kylla (rebounds) na kaba takhuh ia u dieng kol lane u dieng laina uba sieh ha kyndong kynjat korner, shapoh madan ialehkai.

(b) Lada ka wanphai kylla (rebounds) na kaba dei (takhuh) ia u referee lane u linesman haba u ieng hapoh jong ka madan ialehkai.

(k) Lada haba jia ba don ba pynkhein ia kano kano ka ain (law) hapoh madan ialehkai, hynrei katba u referee um pat ai ia ka rai jong u da kaba put ia ka whistle.

Ka jingpynshai ia katei ka ain baneng.—(1) Ka bol hi baroh kawei ka dei ban palat ia u lain khnang ba kan ym hap hapoh ka jingialehkai. Lada jia ba ka bol ka tyllun halor u line (touch-line) lane u lain kol (goal line), yn ym khein satia ba ka bol ka hap shabar ka jingialehkai (out of play); lymne lada baroh kawei ka bol kam shym la palat ia u lain kol, yn ym lah ban khein kol ia kata.

(2) Ka bol kan hap hapoh ka jingialehkai (in-play) lada ka dei ia u linesman haba u ieng hapoh u lain bad ka poi biang shapoh madan. Namarkata, ka dei ia ki linesman barobor ban ieng ne mareh nabar nabar u lain.

(3) U Kol un shah pynshitom (penalised) lada u ktah da ka kti ia ka bol shabar ka penalty area wat lada u ieng hapoh hynrei u dem ban shim ia ka bol kaba don shabar ka penalty area.

(4) Ka bol ka pyrkhun (swerve-in) na shabar u lain bad ka rung biang shapoh madan wat na suin ruh, yn khein ba ka hap shabar ka jingialehkai.

AIN 10

Kaba thep kol (Method of scoring)

Ia ka kol yn khein ba la thep (scored) lada baroh kawei ka bol (whole of the ball) ka la palat ia u lain kol (uba don hapteng ne hapoh baroh laitylli ki dieng kol, kata artylli kiha na pyngkiang bad uwei uba na jrong (cross-bar); lait noh kaba shu kawang shapoh lane kaba shu rah da ka kti, kaba shu pynphai da ka kti u nongialehkai uba na ka liang kaba attack. Lada ka bol ka dei pat ia ka kti u Kol bad ka rung shapoh, yn khein kol.

Ka team kaba thep bun tylli eh ki kol kan long ka nongjop, lada ym don ba thep baroh arliang lane iathep mai kat juh yn khein ba ia khaid (draw).

Jingpynshai Lada u nongialehkai uba na ka liang kaba attack u 'throw' ia ka bol bad lada ka rung beit ha kol khlem da dei nano nano ruh, ia kata yn ym khein kol hynrei lada u nongialehkai uba na ka liang kaba 'defend' u throw' bad ka bol ka dei na ka kti u Kol bad ka sa rung hapoh kol, yn khein kol ia kata. Haba kynjat 'indirect-free kick', lada ka bol ka rung beit ha kol khlem da dei nano nano ruh, yn ym khein kol ia kata. Lada u nongialehkai uba na ka liang kaba 'attack' u kynjat 'indirect-free kick' beit ha kol khlem don ba pyndei ia kata ka bol, dei ban kynjat out (goal kick) da kawei pat ka liang. Lada jia pat ba u 'defending' player u kynjat 'direct ne indirect free kick' beit sha kol la jong khlem da dei nano nano ruh, kan ym dei ka kol hynrei dei ban ai kynjat koiner ia ka liang pyrshah.

AIN 11

Ka off-side

U nongialehkai u off-side lada u don kham jan sha u lain-kol jong u opponent ban ia ka bol ha ka khyllipmat ba ka jingialehkai ka dang iaid lynda—

- (a) u don ha ka liang la jong jong ka madan (his own half of the field of play),

- (b) don arngut ki opponent ha shuwa kiba kham jan sha u lain kol jong ki ban ia u (there are two of his opponents nearer to their own goal line than he is),
- (k) ka bol ka dei khadduh ia u opponent (last touch by the opponent),
- (d) u ioh ia ka bol beit na kaba kynjat out (goal kick), na kaba kynjat kornei, na kaba throw lane na kaba shu kynting u referee.

Ka jingpynshitom : Namar ka jingpynkhein ia kane ka ain, dei ban ai ban kynjat 'indirect free-kick' da u nongialehkai jong ka team iapyrshah na ka jaka kaba la pynkhein ia kane ka ain. Dei pat ban kynmaw, ba u nongialehkai uba don ha ka off-side. un ym long off-side, lada ha ka jingkhmih u referee, um shym pynthut (interfere) ei-ei ia ka jingialehkai, lane ia u opponent lane ba um shim iohlad ei-ei (not gaining an advantage) da kaba ieng off-side.

Jingpynshai : (1) 'U nongialehkai u off-side lada u don jingialehkai ka dang iaid.'

Kane ka kdew shai ba lada u nongialehkai uba attack u back pass ia ka bol sha u paralok lane u pass pynkiang beit siak (parallel to the goal line), u paralok uba ioh ia ka bol um lah ban long off-side.

(2) 'U don ha ka liang la jong ka madan'

Kane kam da jia long eh, hynrei ka lah ban jia long khamtam ia u forward lada ki opponent ki press palat, lehse ha ka minit kaba khadduh ban pyniakheid.

(3) 'Don arngut ki opponent..... ban ia u.'

Arngut ka thew ia u Kol bad uwei pat uno uno u opponent.

(4) 'Ka bol ka dei khadduh ia u opponent'.

Kane ka ain ka long kaba kham shitom shibun ban pyniaid kam, namar ba u referec ha kiba bun ki khep u la ai off-side shuwa ba ka bol kan dei ia u opponent, namar ba uta uba la ieng off-side u 'pynthut ia ka jingialehkai' (interfering with the play). Lynda kumta u nongialehkai uba attack un jin da la leit ieng off-side lypa da ka jingkyrmen ba ka bol kan dei ia uwei na ki defence.

(5) (i) 'U ioh beit ia ka bol na kaba kynjat out'.

Kane ka mut ba baroh ki defence players kiba ia pyrshah ki tur palat shaduh ka shiteng ka madan palat ia u lain uba pyniakhlad ia ka madan marshiteng. Kane kam da jia koit namar ba kham niar ba baroh ki defence ia pyrshah kin tur palat.

(ii) 'U ioh beit na kaba kynjat korner'.

Namar ba ia ka korner la kynjat na kyndong jong ka madan ym lah ban khein off-side ci-ci. Ka long thik kumba pass beit pynkiang (parallel pass) na uwei u nongialehkai ha uwei pat kaba ym khein off-side.

AIN 12**Ki jingbakla bad ki jingleh be-ain****(Fouls and Misconduct)**

U nongialehkai uba da pynkhein khnang (intentionally) ia kan kano na kine ki khyndai tylli ki kyndon—

(a) Kaba kynjat lane pyrshang ban kynjat ia u opponent.

(b) Kaba woh ia u opponent, kata, kaba pynur lane pyrshang ban pynkyllon ia u da kaba woh kjat lane da kaba dem ban bah ia u na khmat lane na shadien u opponent.

(k) Kynthih beit ha u opponent.

(d) Kaba tur (charges) ia u opponent da ka jingmut ban pynmysaw ia u lane ka jingtur kaba lah ban poi sha ka jingmysaw.

(e) Ban tur ia u opponent na shadien jong u lynda u kah na khmat.

(g) Kaba tynsah (strikes) lane pyrshang ban tynsah ia u opponent.

(ng) Kaba bat (holds) ia u opponent da ka kti ne kano kano ka bynta jong ka ksangti.

(h) Kaba khyngiat (pushes) ia u opponent da ka kti ne kano kano ka bynta ka ksangti.

(i) Kaba ktah ne bat ia ka bol da ka kti ne ksangkti (kane kam thew ei-ei ia u Kol hapoh ka penalty area jong u hi). Yn shah pynshitom da kaba ai 'Direct free kick' pyrshah ia ka team uta uba pynkhein ba yn kynjat da u nongialehkai ka team kaba ia pyrshah na kata ka jaka kaba la jia ka jingpynkhein ain.

Lada jia ba u nongialehkai jong ka liang kaba defend u pynkhein khnang ia kawei na kitei ki khyndai tylli ki kyndon yn pynshitom da kaba ai 'direct free kick' ba yn kynjat, na kata ka jaka ba la pynkhein, da u nongialehkai team kaba ia pyrshah. Lada jia ba u player jong ka liang kaba defend u pynkhein khnang ia kawei na kitei ki khyndai tylli ki kyndon (offences) hapoh ka penalty area jong u hi, dei ban pynshitom da ka ai kynjat penalty pyrshah ia ka liang uta uba pynkhein-ain.

Lada uno uno u player u pynkhein ia kine ki san tylli ki kyndon :—

- (1) Uno uno u nongialehkai uba ialchkai ha kata ka dur kaba u referee u shim ba ka long kaba myn-saw, kum ka nuksa, uba pyrshang (attempting) ban kynjat ia ka bol kaba u Kol u la bat ha kti.
- (2) Uba niat (charging-fairly) da ka tyrpeng ia uno uno u opponent haba ka bol ka dang jngai (not within playing distance) na kita ki nongialehkai bad ba kim shym la ia mareh ruh ban leit ia knich ia kata ka bol.
- (3) Uba ym shym la pyrshang ban shim ne ioh ia ka bol, hynrei u kah khnang ia u opponent, da kaba ieng ne mareh ha khmat u opponent bad ka bol.
- (4) Kaba Charge ia u kol, lynda u kol u—
 - (a) Pyrshang ban kem ia ka bol ;
 - (b) Kah (obstructing) ia u opponent ;
 - (c) don shabar ka kol-area ;

(5) Haba ialeh kum u Kol :—

- (a) U Kol um lah ban jam palat ia ka saw jam haba u bat ia ka bol da ka kti, u lynthem ia ka bol lane u kynting sha suin bad kem pat ia ka, khlem pynhap ha madan bad pyndeï da uwei pat u nongialehkai, lane
- (b) Uba pyrshang ban leh buit, kaba ha ka jingpeit u u referee ka long tang ban pynslem kai ia ka jingialehkai.

Yn pynshitom da kaba ai '*indirect-free kick*', ba yn kynjat pyrshah ia ka liang uba pynkhein ain, na kata ka jaka ba la pynkhein ain.

Ia uno uno u nongialehkai dei ban ai *jingmaham* (cautioned) lada :

- (a) U rung ha madan ialehkai lane haba u rung biang hadien ba u la mih, haba ka jingialehkai ka la sdang lane u mih noh na madan ialehkai katba ka jingialehkai ka dang iaid, lait tang haba mynsaw, khlem da ioh ka jingbit na u referee. Lada jia ba u referee u hap pynsahngch ia ka jingialehkai ban maham ia uno u nongialehkai, ia ka jingialehkai dei ban bteng biang da kaba ai indirect free kick na ka jaka kaba uta u nongialehkai u shah maham, bad yn kynjat ruh da ka team kaba pyrshah Lada jia pat ba u nongialehkai u pynkhein ia kano kano kawei pat ka ain, dei ban pynshitom katba kum kata ka ain.
- (b) U iai pynkhein ia ki ain ka jingialehkai.
- (k) U pynpaw, da ka ktien ne ka kam, ba um kohnguh ia kano kano ka rai u referee.
- (d) U leh bym khein briew. (Ungentlemanly conduct).

Na ka bynta ka jingpynkhein ia kine ki lai tylli ki kyndon kiba khadduh (b, k, d), nalor ka jingmaham, dei ban ai *Indirect free kick* pyrshah ia ka team uta uba shah pynshitom, na kata ka jaka ba la jia kata jingpynkhein ain.

Ia uno uno u nongialehkai dei *ban beh noh syndon na madan ialehkai*, lada :

- (1) Ha ka jingpeit u referee, u nongialehkai u leh ka kam kaba palat kum kaba shoh, ba kura ia uwei pat lane na ka bynta ka jingleh foul kaba la palat (serious foul play),

(2) u pyndonkam da ki ktien khlem rain, ktien khlem akor,

(3) u iai leh bym khein biew wat hadien ba la shah maham ruh.

Jingbhlah ia ki Referee:—Ka jingtip jingshemphang ia kawei pa kawei ka kyndon jong kane ka Ain ka long kaba donkam shibun eh hynrei ka jingpyntreikam pat ia ki ka shong eh ha ka jingstet ka khlieh pyrkhat u Referee, la kata ka jingleh bakla ka dei ba la leh khnang ne em.

Da peit bniah ba ha ka kyndon (clause) (k) ka ong, kynthih beit ha u opponent, ym kynthih ia ka bol. Ban kynthih beit ia ka bol khlem da pynkhein ia kano kano ka ain kam long foul.

Khmihi ia ka kyndon (i) kaba ong 'kaba ktah ne bat ia ka bol da ka kti ne ksangkti' kaba mut ba lada ka bol ka dei hi na ka kti ne ksangkti bad ym shym ktah ne bat khnang ia ka bol, kam dei satia ban ai hand bol.

Ia ka penalty kick dei ban ai tang lada leh khnang ia kine ki 9 tylli ki jingleh bakla (offences) hapoh penalty area.—

(a) Kaba kynjat ne pyrshang ban kynjat ia u opponent.

(b) Kaba kynthih ha u biew (opponent).

(k) Kaba tur (charge) ia u opponent ha kata ka rukom ba ka long kaba ma bad pynmynsaw. (violent and dangerous manner).

(d) Kaba woh-kjat ia u opponent.

(e) Kaba tur (charge) ia u opponent nadien lait noh tang lada u pynthut ne pynwit (obstructing).

(g) Kaba tynsah ne pyrshang ban tynsah (striking) ia u opponent.

(ng) Kaba bat ia u opponent.

(h) Kaba ktah khnang ne bat ia bol.

(i) Kaba niat ia u opponent.

Lada pynkhein ia kine 9 tylli ki jinglehbakla (offences) da uno uno u nongialehkai jong ki arliang mamla shabar ka penalty area dei ban ai direct free kick. Lada jia ba u nongialehkai ka "attacking team" u pynkhein ia kitei hapoh ka penalty area jong ka "defending" team, dei ban ai direct free kick pyrshah ia ka team jong u hynrei lada u nongialehkai jong ka defending team u pynkhein hapoh ka penalty area la jong, dei ban ai penalty-kick.

Sa kawei pat, ym da donkam ban da ap haduh ba ka bol kan da leit shabar (out of play) lane ba ka jingialehkai kan da sahgeh, ban ai jingbit ia u nongialehkai ban rung ha madan ialehkai.

Jingbthah ia ki Nongialehkai: Namar ba kane ka long kawei na ki Ain kaba donkam ch, ka long kaba myntoi shibun ia ki nongialehkai kham tam ban tip ia ki. Ki dei ban pyrshang katba lah ban ym shah pynshitom lane shah maham.-

- (a) Wat ju siew kyliang haba shah leh "foul" namar ladz phi leh kumta phi lah ban shah pynshitom lane shah beh noh shabar.
- (b) Kiar na kaba rah kti ba "hand ball" ne ba "out" namar u referee bad ki linesmen ki la tip hi. Lada phi leh kumta hynrei u referee pat um sngewdei ban ai hand ball ne out, phin shu duh ei ia ka bol.
- (k) Wat ju don ka mynsiem khoi-khoi ha madan, long uba jai jai bad u bym wad kput.
- (d) Kohnguh shisyndon ia kano kano ka rai u referee. Wat ju saitlah da ka ktien ne ka kam namar ka long kaba leh be-ain.
- (e) Kynmaw bym dei ban kynjat ia ka bol haba u Kol u la bat ha kti. Lada leh kumne u referee un shim ba ka long ka jingleh kaba pynmysaw (dangerous play) bad shah ai indirect free kick.
- (g) Laitnoh tang haba mynsaw, uno uno u nongialehkai um bit ban mih shabar madan khlem ioh jingbit na u referee. Lada jia ba uno uno

u kwah mih noh lane uno uno u kwah ban rung ha madan, kum haba wan poi slem, hadien ba ka jingialehkai ka la sdang, dei ban da ioh jingbit na u referee.

AIN 13

Free Kick

Ia ka Free-Kick la pynbynta ha ki arbynta. Direct bad Indirect. Yn khein ba la kol lada lah ban thep beit ia ka bol ha kol na kaba kynjat direct kick. Ia ka indirect kick pat yn ym khein kol lada ia ka bol ym shym la pyndei da uwci pat u player shuwa ba kan rung ha kol.

Haba u kynjat direct lane indirect free kick hapoh ka penalty area la jong, baroh ki opponent ki dei ban ieng shabar ka penalty area bad ki dei ban ieng la kumno kumno ruh yn ym duna ia ka 10 yards na ka bol ha ka por ba u nongialehkai u dang kynjat ia ka bol. Haba kynjat direct ne indirect free kick ki defenders hapoh ka penalty area jong ki hi kin ym lah ban ia pass hapoh ka penalty area bad lada leh kumta, u referee u dei ban ai kynjat biang.

Ia ka bol dei ban buh hajuh thik shuwa ban kynjat bad u nongkynjat um lah ban pyndei dalade arsien ia ka bol katba ym pat ktah da uwei pat ia ka bol.

Ka jingpynshitom: Lada hadien ba la kynjat shisien ia ka bol u shim biang arsien ia ka bol da lade hi khlem pat da ktah da uwei pat u player, dei ban ai indirect free kick pyrshah ia ka ka team uta uba pynkhein ia kane ka ain ban kynjat nangta hi da u player ka team ialeh pyrshah.

Ia uno uno u nongialehkai uba ieng khnang hapoh ka 10 yards ha ka por ban kynjat ia ka bol u referee u dei ban maham ia u bad lada um kohnguh dei ban beh noh syndon ia u.

Don kawei ka jait 'Indirect free kick' kaba kham kyrpang bad kaba donkam ban da kham pynshai bha. Kata ka long haba u Kol u jam palat ia ka saw jam khlem da lynthem ia ka bol. Ka jingpynshitom ka long, kumba la kdew haneng da kaba ai indirect free kick hynrei namar teng teng ka lah ban jia ba dei ban kynjat na ka 6 ne 7 yards, lehse na ka kol, ban

ien 10 yards na kol ym lah banlong. Ha kum kita ki khep, dei ban shah ia ki defenders ban ieng ba u line-kol (goal line) hapoh jong ki dieng-kol bad u nongkyniat u lah ban kynjat tynggeh da ka jingmut ba ka bo! kan dei salit ia uwei na kine ki defenders shuwa ba kan rung ha kol. Lane u lah ban pass ha u paralok, tang ba ka bol ka dei ban tyllun shuwa ia ka circumference la jong, kata, 27 inches shuwa ba lah ban shim ne kynjat da u paralok.

Baroh ki defenders, laitnoh tang kito kiba ieng ha u lain kol, ki dei ban ieng la kumno kumno ruh ym duna ia ka 10 yards kumba la pyni haneng.

Haba pule bniah ia kane ka ain 'Ki jingleh bakla bad jingleh-be-ain (Fouls and Misconducts)' yn shem ba ka long kaba donkam tam na ki ain baroh. Ki referee bad ki nongialehkai kumjuh ki dei ban pule bad sngewituh bha ia ki khyrnt (Clauses) jong ka baroh. U referee u dei ban da peit bniah ba kano kano ka jingbakla (foul) ka long kaba da leh khnang (intentionally) ne em. Teng teng ka 'foul' ka long 'accidental' kata kaba yn shym da leh khnang, lane ka bol ka lah ban dei ia u nongialehkai na ka ksangkti (arm) khlem ka jingmut khnang (by chance). Ha kum kine ki khep, u referee uba shemphang un kiar na kaba put ia ka Whistle.

Ki referee ruh ki dei ban da peit bniah ba ia u Kol ym dei ban niat la, da ka tyrpeng ne da ka kti, ne ban iuh ne kynjat, namar uba pli bunsien yn ym lah ban iada ialade namar ba ka atenshon (attention) jong u ka leit sha ka phang ba don ka bol. Kaba kynjat ia ka bol haba ka don ha kti u Kol ka long kaba shu leh palat (dangerous play). Dei ban ai direct free kick haba pynkhein khnang ia kito ki khyndai tylli ki kyndon kum kaba shu tur, shu kynthih, shu kynjat khlem rukom (unfair charging), kaba shu bat kum da ka kti ia uwei pat u nongialehkai ba ia leh pyrshah, kaba kynjat ne tynsah, kaba niat, kaba woh kjat, kaba bah-briew lane kaba ktah ia ka bol. Ia ka indirect free kick pat la ju ai namar ba tur (charge) ia u Kol ha ka por ka bym dei, lane u jam palat ia ka saw jam khlem da lynthem ia ka bol lane ha ka por ba u kynthih ban kem ia ka bol u da rah kjat pyrshah ia u opponent. Kawei pat ka jingma ka long haba ka bol ka don kumba 5 phut eiei halor ka khyndew, uwei u player u mareh ban head ia ka katba uwei pat u shim ia ka da ka kjat. Ia kane bunsien u referee u peit uno na kine arngut uba kham jan ia ka bol. Lada uba head u klooi ban shim ia ka bol da ka khlieh, bad lada uno u nongialehkai u rah kjat ban shim ia ka bol, dei ban ai direct free kick pyrshah ia

ka team jong u. Kumta lada ki nongialehkai ki buh jingmut ia kine ki point haneng bad ki kiar na kine ki 'fouls' ka jingialehkai kan long kaba itynnad bad u referee ruh un kham suk ban pyniaid ia ka jingialehkai.

AIN 14

Penalty Kick

Ia ka penalty kick dei ban kynjat na ka jaka ba la buh ban kynjat penalty bad haba kynjat penalty, baroh ki nongialehkai ki dei ban ieng shabar ka penalty area, bad la kumno kumno 10 yards na ka jaka ba kynjat penalty, lait noh tang u nongkynjat bad u Kol. U Kol u dei ban ieng hi thik (khlem pynkhih ki kjat) ha u lain kol (goal line), haduh ban da kynjat ia ka bol. U nongkynjat u dei ban kynjat beit sha khmat. U juh u nongialehkai uba kynjat penalty um lah ban niat ia ka bol sha khmat khyndiat bad ban kynjat arsien. Um lah ban kynjat arsien hynrei tang lada jia ba ka bol ka wan kylla (rebound) biang na kaba dei ia u Kol, u lah ban mareh ban kynjat ha kol. Lada jia pat ba ka bol ka dei ia u dieng kol khlem dei eiei ia u Kol bad ka wan kylla biang, uba la kynjat ia kata ka penalty um lah ban kynjat biang ia kata ka bol. Uwei pat u nongialehkai u lah ban mareh ban kynjat ia kata ka bol. Lada jia ba ioh penalty hamar ba half-time ne full time (dei wai noh), dei ban ai por haduh ban da dep kynjat ia kata ka penalty.

Jingpynshitom : Haba pynkhein ia kane ka ain :

- (a) da ka team kaba defend (shah kynjat penalty), wat lada ka bol kam shym rung ha kol ruh, dei ban ai kynjat biang, *e. g.*, kum haba u Kol u khih ki kjat shuwa ban kynjat,
- (b) da ka team kaba attack (kaba kynjat penalty), wat lada ka bol ka rung ha kol ruh, dei ban ym ai kol hynrei phah kynjat biang,
- (k) da u nongialehkai uba kynjat penalty, *e. g.*, kum kaba u kynjat arsien haba ka bol ka wan phai na kaba dei na u dieng kol, dei ban ai da ka indirect kick na kata ka jaka ba u pynkhein ia kane ka ain,

AIN 15

'Ka Throw-In'

Haba baroh kawei ka bol ka palat ia u lain pynieng (touch line) la na ka khyndew ne na suin, dei ban throw shapoh madan na ka jaka ba ka palat ia u lain, da u nongialehkai jong ka team kaba ialeh pyrrshah ia ka team uta u nongialehkai uba pyndei ne kynjat khadduh ia ka bol shuwa ba kan palat ia u lain. U nongthrow u dei ban phai beit sha madan ialehkai ha ka por ba u throw bad um bit ban rah wat tang shilliang ka kjat ruh ha ka por ba u throw lane baroh artylli ki kjat ki dei ban don shabar u lain. U dei ban pyndonkam baroh artylli ki kti bad ban rah ia ka bol shaduh lyngkdong bad ban throw ruh nalar ka khlieh jong u hi. U nongthrow um lah ban shim ia ka bol dalade katba ym pat ktah ne shim da uwei pat u nongialehkai. Ym lah ban thep kol da kaba shu throw beit ia ka bol shapoh kol, khlem da dei nano nano ruh.

Jingpynshitom:—(a) Lada ym shym la throw bha ia ka bol ha ka rukom kaba dei, yn ai throw noh ha uno uno u nongialehkai uba na ka liang iapyrrshah.

(b) Lada u nongthrow u shim (plays) ia ka bol da lade hi, haba ym pat ktah da uwei pat u nongialehkai, hadien ba u la dep throw, dei ban ai indirect free kick pyrrshah ia ka team uta u nongialehkai uba throw bad ktah ia ka bol da lade hi.

Ka dei ka kamram u linesman barabor ban pyni dak ia u referee ba ka bol ka la palat ia u lain, da kaba kaweh ia ka lama bad ban kdew ruh kano ka liang kaba dei ban throw. U linesman un iarap ruh ia u referee ban peit ia ka 'foul throw'.

AIN 16

Kaba Kynjat Out (Goal Kick)

Haba ka bol ka palat ia u lain pyngkiang uba la ruid beit naduh kawei ka lama kynjat kornar shaduh kawei pat lyngba ka kol (goal-line) lait noh tang kato ka bynta jong u lain uba don hapoh ki dieng-kol, la na khyndew ne na suin, bad haba ka bol ka dei khadduh ia u attacking player, dei ban ai kynjat-out (goal kick) da u nongialehkai jong ka defending team.

Dei ban kynjat beit shapoh madan ialehkai palat ia ka penalty area bad dei ban kynjat ruh na kata ka liang ba ka bol ka leit shabar na ka jaka ba la buh ban kynjat-out. Ym lah ban pass ia ka bol haba kynjat-out ha ka kti u Kol ba un ther ma u. Lada ia ka bol ym shym la kynjat shabar ka penalty area bad ka bol ka neh hapoh, dei ban shim ban kynjat biang. U nongkynjat-out um lah ban ktah ne shim dalade arsien ia ka bol hadien ba u la dep kynjat lynda la ktah ne pyndei ia ka bol da uwei pat u nongialehkai. Ym lah ban thep kol beit (direct) da kaba kynjat-out. Baroh ki nongialehkai jong ki opponent ki dei ban ieng shabar ka penalty area ha ka por ba kynjat-out.

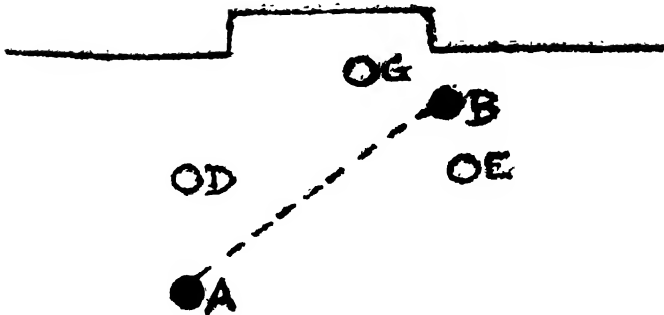
Jingpynshitom:—Lada u nongialehkai uba kynjat out u shim ia ka bol kaba la poi shabar penalty area, hadien ba u la dep kynjatout, katba ym pat ktah da uwei pat u nongialehkai, dei ban ai indirect free kick pyrshah ia ka team jong u, ban kynjat na kata ka jaka ba u la ktah arsien ia ka bol.

AIN 17

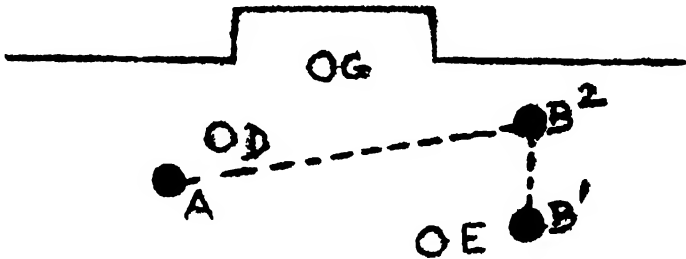
Kaba Kynjat Korner

Haba baroh kawei ka bol ka la palat ia u kol-lain, lait-noh ka jaka kaba don hapoh ki dieng-kol, la nalo r ka khyndew ne na suin bad haba la ktah ne pyndei khadduh eh ia ka bol da u opponent, dei ban ai kornar pyrshah ia ka team jong uta u defender, ba yn kynjat na ka jaka na kyndong ka lama. Ha ka por ba buh ia ka bol, ne kynjat ym lah ban pynthiah ne weng noh ia u dieng-lama. Yn khein kol lada ka bol ka rung beit hapoh kol naba kynjat kornar. Ki nongialehkai jong ka team ia pyrshah (kaba shah kynjat kornar) kim lah ban leit tur duna ia ka 10 yards shajan ka bol katba ym pat kynjat ia ka bol lane ba ka bol kam pat tyllun shisien tyllun ia ka circumference jong ka. U nongkynjat ia ka bol un ym lah ban ktah ia ka bol arsien shisien ba u la dep kynjat katba ym pat ktah shuwa da uwei pat u nongialehkai.

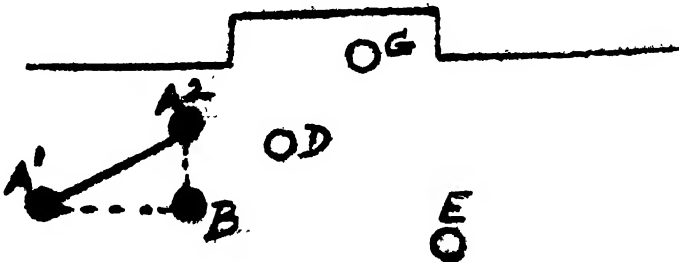
Jingpynshitom:—Lada don jingpynkhein ia kane ka ain, dei ban ai da ka indirect free kick.

Ka Dur 1. Off-side

U A u rah ia ka bol sha khmat u pass ha u B uba ieng ha shwa. U B u off-side, namar ba don tang uwei u opponent hapedng jong u bad u lain-Kol.

Ka Dur 2. Ym dei Off-side

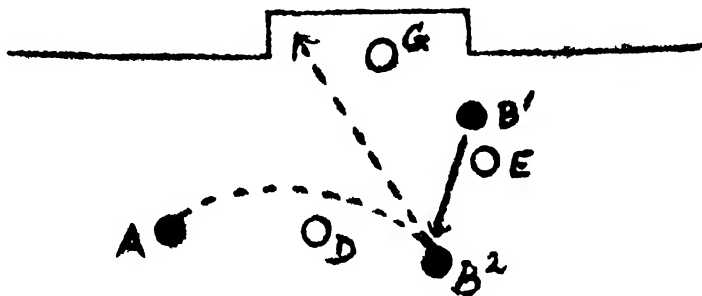
U A u rah ia ka bol sha khmat, u pass sha u B uba march na ka position 1 sha ka position 2. U B um long off-side namar u don shadien arngut ki opponent bad ba ka bol ba la pass ka poi shwa ha position 2 ban ia u.

Ka Dur 3. Off-side

U A u pass ia ka bol ha u B. U A u mareh artad na ka position 1 sha ka 2 ha shwa u D. U B nangta u pass biang ia ka bol ha u A2. Hangne u A u off-side namar—

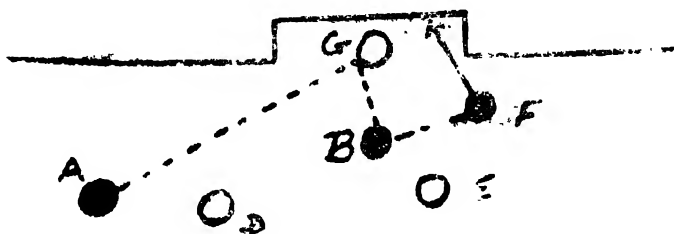
(a) u don ha shwa ka bol. (b) Don tang uwei u opponent hapteng jong u bad lain-kol.

Ka Dur 4. Off-side

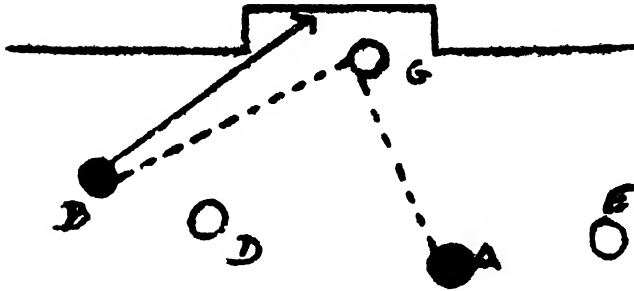


U A u kynjat ia ka bol sha kol hynrei ka pyrkhun biang shapteng. U B uba la don lypa ha ka position 1 u kylla dien ban shim ia ka bol ha position 2. U ioh, u thep de ha kol. Hangne u B u off-side namar (a) u la don lypa ha shwa ka bol bad (b) ha ka position 1 u la don lypa ha off-side namar don tang uwei u opponent hapteng jong u bad u lain-kol.

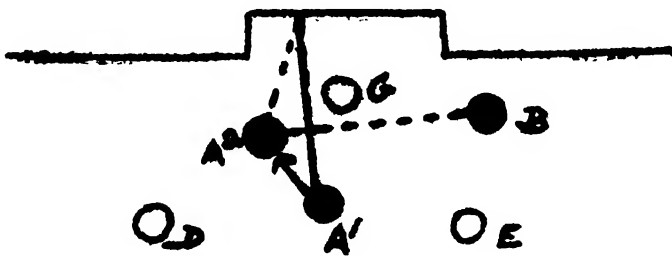
Ka Dur 5. Off-side



U A u kynjat beit ia ka bol ha kol. Ka bol ka dei ia u Kol, ka sied ha u B, uba pass ia ka ha u F. U F u thep ia ka ha kol. U F u off-side namar u ieng ha shwa u B bad ba don ruh tang uwei u opponent hapteng jong u bad u lain-kol.

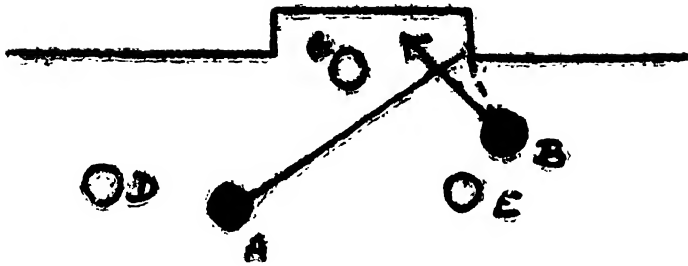
Ka Dur 6. Ym dei Off-side

U A u kynjat beit ia ka bol ha kol, ka dei ia u Kol bad ka sied ha u B uba thep ia ka ha kol. U B u ieng ha shwa u D, hynrei um long off-side namar ba ka bol ka dei khadduh ia u Kol (opponent).

Ka Dur 7. Off-side

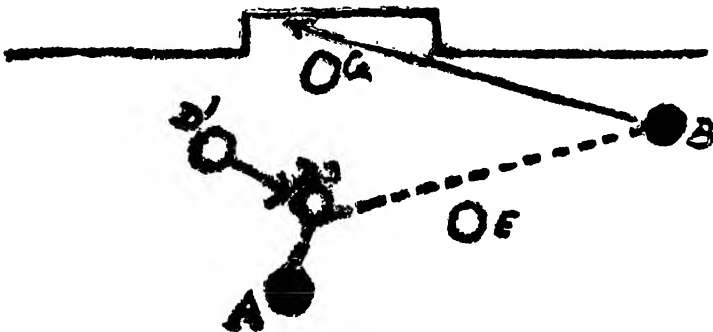
U A u kynjat ia ka bol ha kol, ka dei ia u diengkol ka wan kyrtoh biang sha madan. U A u mareh na position 1 sha position 2, u shim ia ka bol, u pass sha u B. U B u off-side namar nalar ba ka bol ka dei ne don khadduh ia u player la jong (A). Sa kawei pat, ha ka por ba pass ia ka bol u B u don ha shwa ka bol. Don ruh tang uwei u opponent ha shwa jong u bad u lain-kol.

Ka Dur 8. Off-Side



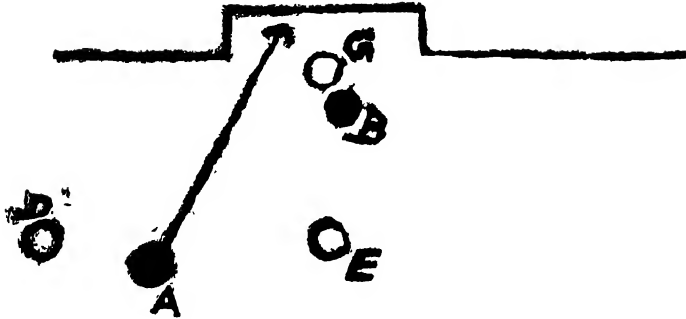
U A u kynjat ia ka bol ha kol, ka dei na diengkol, ka kylla biang sha madan, ka poi ha u B u thep beit ha kol. Hangne u B u Off-Side, namar la ktah khadduh ia ka bol da u A (u player la jong) bad namar ba u A u kynjat u kynjat ia ka bol sha ka liang ba ieng u B namar-kata u B u long kumba pynthut (interfere) ia ka jingia-lehkai. Ha ka por ba u A u ioh ia ka bol don tang uwei u opponent ha shwa u B. U B namar u Off-side.

Ka Dur 9. Ym dei Off-side



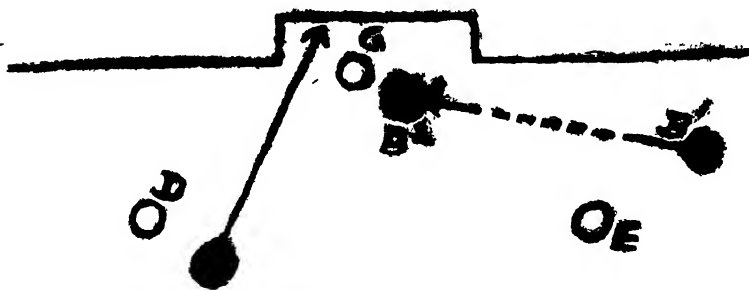
U A u kynjat beit ia ka bol ha kol, u D u march na position 1 ha 2 ban kah ia ka bol, ka dei salit na ka kjat jong u, ka sied sha u B uba thep ia ka ha kol. U B um shym off-side, namar wat la u don ha shwa ka bol. bad ba don tang uwei opponent hapteng jong u bad u lain-kol, ia ka bol la ktah khadduh da u opponent.

Ka Dur 10. Off-Side



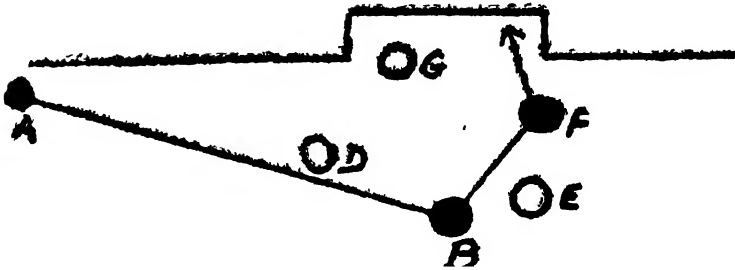
U A u kynjat beit ia ka bol ha kol bad ka rung artad hapoh kol. U B hangne u kah ia u Kol bad nalog kata ruh don tang uwei u opponent ha shwa jong u bad u lainkol. Namarkata, ym dei ban ai kol hyare dei ban ai off-side.

Ka Dur 11. Off-Side



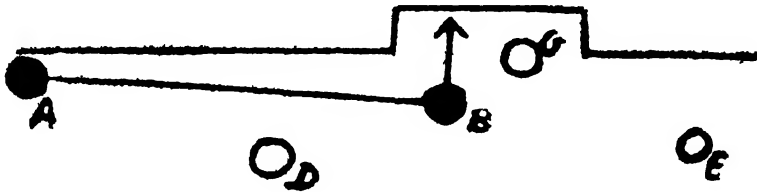
U A u kynjat ia ka bol ha kol. U B pat u mareh na position 1 sha position 2 ha kajuha ka por bad u pynthut ia u Kol ban kynrup ia ka bol ha ka rukom kaba dei. Ka bol ka rung ha kol. Kam dei ka kol, namar, ka dei ka Off-side ia u B, namar u ieng ha shwa u A bad ba doh ruh tang uwei u opponent hapdeng jong u bad u lainkol.

Ka Dur 12. Off-side (Haba Kynjat Korner).



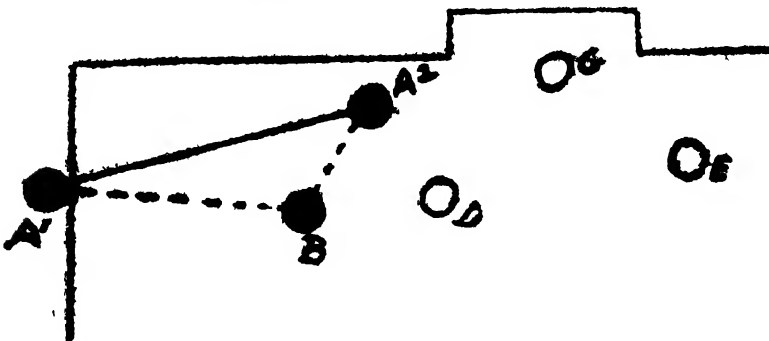
U A u kynjat Korner. Ka bol ka poi ha u B, uba pass pat ha u F. U F u thep ha kol. U F u off-side namar u ieng ha shwa u D bad ba don ruh tang uwei u opponent hapdng jong u bad u lain-kol. Sa kawei pat ruh, ia ka bol la pyndei khadduh da u player la jong, u B

Ka Dur 13. Ym dei Off-Side. (Haba Kynjat Korner).



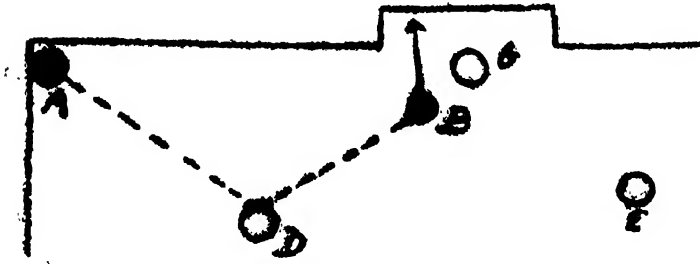
U A u kynjat Korner. Ka bol ka poi beit ha u B uba thep ha kol. Hangne, don tang uwei u opponent ha shwa u B, lhyndei um long Off-side namar u ioh beit ia ka bol na ba Kynjat Korner.

Ka Dur 14. Off-Side (Haba Throw ia ka Bol).



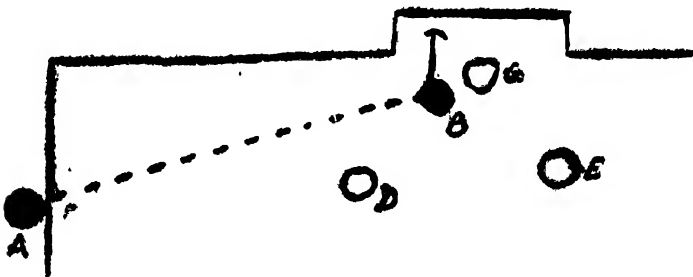
U A u throw ha u B, u mareh artad ialade na position 1 ha ka position 2. U B u pass biang ia ka bol ha u A ha position 2. U A u Off-side.

Ka Dur 15. Ym dei Off-side (Haba Kynjat Korner)



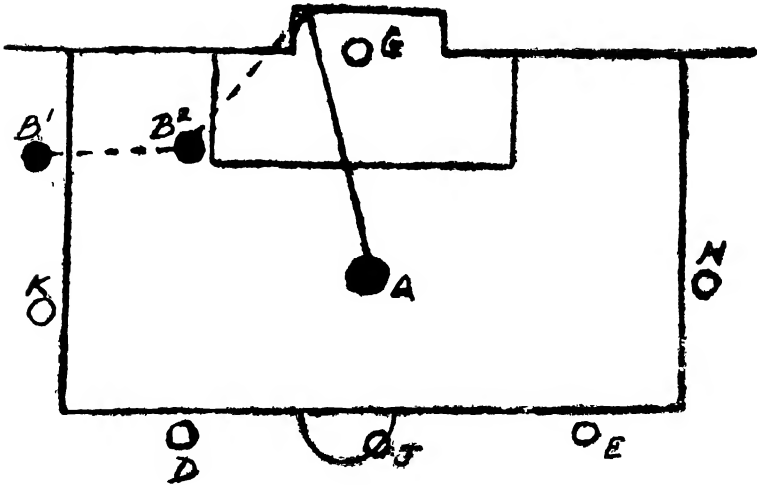
U A u kynjat Korner. Ka bol ka dei ia u D, ka sied ha u B uba thep ha kol. U B um long Off-side namar la pyndei khadduh ia ka bol da u opponent D.

Ka Dur 16. Ym dei Off-side (Haba Throw ia ka Bol).



U A u throw ia ka bol ha u B, uba head ia ka ha kol. U B um long Off-side namar wat la u ieng ha shwa u A ruh, u ioh beit ia ka bol na ba throw.

Ka Dur 17. Off-side (Haba Kynjat Penalty)



U A u kynjat penalty. Ka bol ka dei ha u diengkol, ka kyrtoh biang shapoh madan, u B u mareh kynsan na position 1 sha position 2, u shim ia ka bol, u kynjat beit ha kol bad ka rung de jlang. Hynrei u B u Off-side namar la ktah khadduh ia ka bol da u A bad namar ha shwa u B don tang uwei u opponent. (Peit Dur 8). U 'DIENGKOL' barobor long NEUTRAL.

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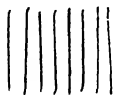


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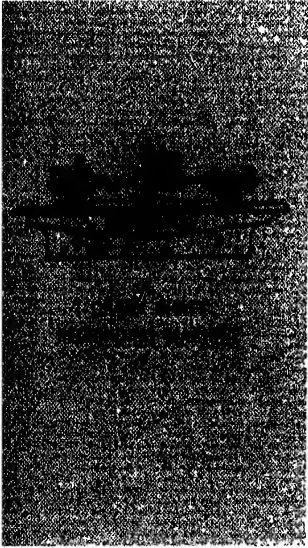
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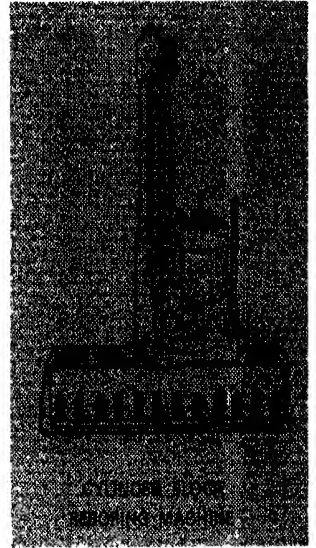
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